

Anne Hines offers tips to avoid summer peril



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EDMONTON • MONDAY, JULY 20, 2009

metrone



Madonna visits injured workers

FocusOn First Nations

Metro Canada continues its focus on First Nations and Aboriginal news, arts and culture as part of a special series leading up to the Assembly of First Nations convention, Tuesday to Thursday, in Calgary.

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- Paul Band Nation fighting against drug issues, page 3
- Calls for public inquiry into missing women, page 5
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B.C. fires out of control

Take 5 pg 19

Take a bite out of Metro's daily recipe

Sports pg 13



Stewart Cink Tom at Open

"It's time to overcome the gap of understanding among people in this country."
Shawn Atleo



"We should be more inclusive of all our citizens, no matter where they are."
John Beaucage



"We need more and more First Nations people at all the decision-making tables."
Perry Bellegarde



"I've tapped into the anger and frustration ... Watch me, as Trudeau said."
Terrance Nelson



"We can do anything we want ... We have thousands and thousands of brilliant Indian people."
Bill Wilson



Seeking united voice

Assembly of First Nations in Calgary to vote for new national chief

FocusOn First Nations

LAURA EGGERTSON
for Metro Canada

More than 600 chiefs of First Nations communities across Canada will gather in Calgary tomorrow to choose their national leader, with the election's outcome to steer the course of Aboriginal and non-Aboriginal relations for the next four years.

The National Chief of the Assembly of First Nations (AFN) represents all of the 300,755 status Indians living on reserves, and also strives to advocate for the nearly 400,000 living off-reserve, largely in urban centres.

As an advocacy organization, the AFN is in the often difficult role of attempting to give one voice to the myriad views among First Nations communities on vital issues ranging from poverty alleviation to economic development, land claims, the legacy of residential schools and self-government.

That single voice — even if it cannot possibly represent all Aboriginal views — is the one the federal government hears. That's why the top job matters.

Shawn Atleo and Bill Wilson, both from British Columbia, Saskatchewan's Perry Bellegarde, Ontario's John Beaucage, and Manitoba's Terrance Nelson are all vying to be the ninth



This is a creation by Ottawa-based artist Tom Hogan, entitled United. Hogan's paintings reflect both his knowledge of Aboriginal mythology and his personal journey. For more on Hogan, see page 2. More coverage, pages 3, 5, 6, 7, 10, 13, 14, 16.

chief to lead since the AFN was founded in 1968.

"The national chief sets the tone of the relationship between Aboriginal Peoples and Canada," says David Newhouse, the chair of Indigenous Studies at Trent University in Peterborough, Ont.

That's also the reason

style is as crucial as substance when it comes to a national chief. Previous leaders have ranged from those favouring a confrontational approach to others prepared to work within the system, governed by the much-maligned Indian Act.

The federal government

doesn't always want to hear what the AFN has to say, but it ignores the organization "at its peril," points out Newhouse, a Mohawk from Six Nations of the Grand River. Governments have had to back down from critical pieces of legislation because they couldn't win AFN support.

The next leader also carries the critical responsibility of ensuring the AFN is relevant for the next generation of First Nations youth — their numbers are growing at a rate 3½ times faster than that of the general Canadian population.

MORE COVERAGE,

PAGES 3, 5, 6, 7, 10, 13, 14, 16

Local

Weather dampens performance

Last night's Capital Ex performance by Hinder was hindered by inclement weather. "The safety of our patrons and performers is always our main concern," said Ken Knowles, President of Northlands. If weather co-operates today, live music will resume on the ED Fest Stage, with Emerson Drive and Adam Gregory performing.

METRO EDMONTON

FocusOn FirstNations

On the Cover

The cover art on today's edition of Metro, called United, was created by Ottawa-based artist Tom Hogan, right. Born in Sioux Lookout in 1955, Hogan is a self-taught Woodland style artist. His vibrant paintings reflect both his knowledge of Aboriginal mythology and his personal journey — one which includes being abandoned as a child, addiction, ill-health, and homelessness. Each of his works are a testament to his spirit's ability to overcome the often difficult realities of life. More about Hogan and his work can be found at tomhogan.ca



METRO NEWS SERVICES

The many tastes of Edmonton

FOOD Rain or shine, people sampled a Taste of Edmonton at its 25th anniversary on Churchill Square over the weekend. "It's a good event, and it's good to be a part of the community and it's always fun," said Miles Quon of The Lingnan Restaurant. Many of the owners said advertising is a big part of the festival. "From time to time, people say 'Oh, I saw you at the Taste of Edmonton.' That's why we want to be here every year," Sunny Ng of Panda Hut Express said. Food tickets are \$1 each, at an average of four tickets per item.

GRAHAM MCCANN/
FOR METRO EDMONTON

metronews.ca

WHAT'S ONLINE TODAY

Video Two Canadian astronauts make history aboard the International Space Station at metronews.ca/canada

Video A Vancouver race track plays host to a dash of the Dachshunds at metronews.ca/canada



Lotteries

Friday, July 17
Lotto Super 7: 12, 13, 31, 33, 37, 44, 46 Bonus 34
Saturday, July 18
Lotto 6/49: 2, 4, 15, 39, 45 & 49 Bonus 37
These results are not official.

Saturday storm creates chaos

ANDREW COWIE
for Metro Edmonton

Residents of Edmonton woke up yesterday to find trees knocked over, power outages ongoing and the city a mess as heavy winds and lightning storm struck the city.

The thunderstorm hit Edmonton late Saturday, wreaking havoc with the city's power system.

"The city's electrical grid took a serious hit," Tim LeRiche, spokesman for Ep-

cor, said. "We lost 40 circuits and 55 power outages (are) the estimates."

The company had to call in extra workers to keep up with the workload, which included power lines down, trees uprooted and pole fires and as winds picked up again late yesterday.

"Just as we thought we had a handle of it, we had more outages (Sunday)," LeRiche said. "There's still more power out right now ... The primary focus is the safety of our people and

"The city's electrical grid took a serious hit."

Tim LeRiche, Epcor

the public."

Fire crews were also kept busy as three dispatchers were called in to meet the spike of emergency calls.

"There was a huge variety (of calls)," said Tim Wilson, communications officer for Edmonton Fire Rescue Services.

"They had power lines

falling, power outages and a lot of damage from wind (but) the fire department is always prepared."

Those same heavy winds tore down a concrete overhang from the CN building downtown, injuring one woman and crushing two vehicles.

The aftermath of the damage was caught on an iPhone by Jerry Aulenbach, 28, who saw people on Twitter.com saying the foundation of the building was falling. He decided to go take a look himself, only

to see that it was not the foundation of the building that had fallen but rather the overhang.

"I realized an inch-thick of plaster dropped on these two vehicles," Aulenbach said.

"Two cars were crushed ... one guy was in the truck that got hit but didn't get hurt. He probably wet his pants."

Aulenbach then posted the photos from what happened on Twitter, and in less than a day, the site has had over 1,400 views.



Above: Minh Truong carefully places a few butterflies on his daughter, six-year-old Amy Truong, at the Capital Ex exhibit. Below: Despite the rain, Stephan Malone catches a wave on the Flowrider yesterday. The surf-like wave is a new ride at Capital Ex.

The show goes on at Capital Ex

ANDREW COWIE
for Metro Edmonton

The opening weekend of Capital Ex was greeted with a mix of sweltering heat, rain and wind as stormy weather sent people running indoors.

"About 350 days go into planning this event and unfortunately we're at the whim of weather," Ken Knowles, president and

CEO of Northlands said.

Knowles said that despite some minor damage on site and severe damage at the Indy race site, the situation was looking good with no rides damaged.

"We're very fortunate ... when you have virtually a mobile city set-up and for the most part it stays intact," he said.

With the winds and rain picking up, the crowds were faced with limited

Ex tickets

- Capital Ex will continue on until July 26. Gate admission is \$10 for adults, \$5 for youth and free for children under six.

options as Ed Fest, the music festival on the grounds, and rides were shut down.

"Our focus was the safety of the patrons," he said. "With weather like this

everything just shuts down."

Even with the rain on the weekend potentially pushing people away, Knowles said the line-up and variety could counteract it to attract people back to the grounds.

"There's always something to do and we hope that people take the opportunity to come back two and maybe three times."



Aboriginal population of Alberta

Approximately six per cent of the population of Alberta is of Aboriginal ancestry, according to the 2006 census. **METRO NEWS SERVICES**

Focus On First Nations

Survivors recount residential schools

GRAHAM MCCANN
for Metro Edmonton

ABUSE Canada's dark history with residential schooling still ripples through generations today, and has left suffering survivors to pick up the pieces in its wake.

Residential schools, created in the 1840s to assimilate Aboriginals into European-Christian society, took children away from families and, allegedly, into a cycle of abuse.

"Sit in your chair, shut up, and do it," said Rev. Travis Enright, referring to the teaching methods of residential schooling. "They treated the kids like robots."

Enright is assistant curate of All Saints Anglican Cathedral, and works with those affected by residen-

tial schools.

"There are many who are now in their 60s and 70s, and they have never gotten over it, the trauma has been so intense for them," said Terry Lusty, residential school survivor and counsellor with the Alberta Native Friendship Centre.

"In secular society, we don't like talking about spiritual wounds, but there is a whole movement of healing of memories," Enright said.

"Some have gone through psychologists for years, and they still are not healed," Lusty said, adding therapy is an alternative to healing circles in the community.

Prime Minister Stephen Harper publicly apologized to survivors in June 2008. Many have received reparations.

Paul Band Nation works to combat drug issues

Teens' deaths prompt band to organize and raise money

ANDREW COWIE
for Metro Edmonton

Two months after two teenage girls overdosed on ecstasy on an Edmonton-area reserve, problems with drugs on the Paul Band Nation reserve continue despite best efforts of residents.

Trinity Bird, 15, and Leah House, 14, both died from fatal doses of ecstasy, which they swallowed before a wedding.

Ruby Bird, principal at Paul Band First Nation K-9 School, says while the community rallied behind the eradication of drug use on the reserve at first, efforts have waned over the

last couple months.

"It was sobering at first and band administration really jumped in and said we have to do more and at the school," Bird said. "Now it's kind of faded and, of course, the police try and do their drug busts but I don't think it's very successful."

She said that crack cocaine and crystal meth are still prevalent on the reserve, and have become bigger problems than alcoholism. She feels the issue needs critical attention.

"Drugs and liquor will always be a big factor in life on a reserve and in some way everyone is tied into it," she said.

"It was a long time in coming and everyone could see it coming but not to (the girls)... We always think it's to people who do drugs all the time."

Ruby Bird, principal

Bird said while she wouldn't have been shocked if a frequent drug user on the reserve fell victim to the same fate, nobody ever imagined the girls would come to a drug-fuelled end.

"It was a long time in

coming and everyone could see it coming but not to (the girls)," Bird said. "We always think it's to people who do drugs all the time."

The band is organizing a camp which will help with heal families and young people that are affected by the tragedy, and has raised \$7,000 in funding.

Reservation officials have planned future events and booked visitors to speak on drug prevention to kids.

"We're all doing small activities to bring the message," Bird said.

"Everyone is trying to do their part ... We need to be aiming to get a bigger drug education at the school."

Cultural support urged to fight homelessness

AMY GREGSON
for Metro Canada

HOMELESS Every night shelters in Calgary are packed with people who have no place to call home. Many of them are Aboriginals.

Those of Aboriginal ancestry make up only two per cent of Calgary's population, but 17 per cent of the city's homeless.

Eve MacMillan, executive director of Sunrise Native Addictions Services said the root causes of Aboriginal homelessness are mental health and addictions.

"We have limited places to send them after treatment," said MacMillan.

"If you're going to go back to a shelter, chances are you're not going to maintain your sobriety. Then you start the whole cycle again."

MacMillan said to break the cycle we need to look for more housing and treatment beds.

David Turner, from the Aboriginal Friendship Centre of Calgary, said not enough is being done in Calgary to reduce the number of homeless Aboriginals.

Turner said that a cultural program is needed to assist those on the streets.

"Cultural support will reconnect homeless Aboriginal people with their culture and help provide



Aboriginal peoples make up two per cent of Calgary's population, but make up 17 per cent of the city's homeless population.

"We have limited places to send them after treatment ... If you're going to go back to a shelter, chances are you're not going to maintain your sobriety. Then you start the whole cycle again."

Eve MacMillan, executive director, Sunrise Native Addictions Services

them with an opportunity to be self-sustaining," said

Turner.

Turner added that a cul-

tural component needs to be addressed in the Calgary 10-year plan for homelessness, and cultural sensitivity training is needed in city shelters.

The Calgary Urban Project Society (CUPS) said they have an Aboriginal advocate to help facilitate referral services to Aboriginals in regards to food, clothing and housing.

Both Turner and MacMil-

lan said that another reason why the homeless population is so large is the amount of people moving to the city from reserves.

"There are multiple barriers for Aboriginals in an urban setting," said Turner, who said one example is that people get turned down because of having an Aboriginal name.

Housing programs in

In Edmonton...

Charity officials in Edmonton say the Aboriginal homeless population is staggering in comparison to the overall Aboriginal population of Alberta.

"About eight of 10 homeless people seek shelter at Hope Mission," said Hope Mission spokesman Peter Gerber.

"In that number, about 30 to 40 per cent are Aboriginal."

In Homeward Trust's last homeless census, it was determined of 3,079 homeless counted in 2008, 38 per cent were Aboriginal.

"The recent urban Aboriginal population might not have had support when they arrived (in Edmonton)," said Homeward Trust spokeswoman Susan McGee.

"There are many instances of inadequate housing on reserves, and they might not have the resources they needed."

She added the rise of Aboriginal homeless people has been steady alongside the rise of overall homelessness since 2002.

GRAHAM MCCANN/
FOR METRO EDMONTON

Calgary for Aboriginals or that have an Aboriginal component are Oxford House, Rainbow Lodge and the Métis Urban Housing Corporation.

A Canadian soldier who was killed last week had stepped on an explosive device before falling to his death in the Panjwai district of southern Afghanistan, a military official said yesterday, CBC News Online reports. **METRO NEWS SERVICES**

Canada

Group calls for action on parks

A conservation advocacy group says Canada needs to act faster to create new parklands and do more to protect those it already has, CBC News Online reports. The Canadian Parks and Wilderness Society's annual report of national and provincial parks said the pace of parks creation across the country slowed significantly in the past 12 months compared to 2008, which it hailed as a "banner year." Because of its sheer size, Canada still has more land dedicated to parks than any other country in the world. **METRO NEWS SERVICES**

Weekly web reports track flu activity

HEALTH Federal public health officials have launched a new way of tracking the spread of the influenza A (H1N1) virus, also known as swine flu, with a weekly online report designed to spot trends such as a higher number of hospitalizations or other unusual activity.

"The goal of surveillance is to assess the impact of the H1N1 flu virus on our communities so that we can adapt our planned responses to the situation at hand," chief public health officer David Butler-Jones said at a news conference.

"Counting individual cases no longer serves a useful public health purpose."

The new national surveillance system comes after the World Health Organization this week urged countries to stop trying to confirm all cases through laboratory testing because it was yielding little new information that would help to prepare for a pandemic.

Data released Friday by the agency indicated the median age of swine flu cases among Inuit people is significantly younger than that among other Canadians. The median age of Inuit cases is 9, half the median for First Nations cases (19 years) and non-Aboriginal Canadians (18 years).

TORSTAR NEWS SERVICE

Fires spreading in B.C.

Around 17,000 residents forced to leave area west of Kelowna

KRISTEN THOMPSON
Metro Canada

Around 17,000 people have been forced from their homes along Okanagan Lake, west of Kelowna, B.C., as crews battle two out of control wildfires raging in the hot, dry area.

A forest fire near the Kelowna suburb of Glenrosa covering about 350 hectares started Saturday afternoon. A second blaze about 10 kilometres away broke out at the Rose Valley Dam later that evening.

So far, at least nine buildings have burned down.

Elise Riedlinger, a fire information officer, said the fires cover roughly 450 hectares combined, and efforts to control them have been hampered by scorching temperatures, strong winds and trees killed by pine beetles.

"It's just very dry conditions throughout the area," said Riedlinger.

"(On Saturday) we had quite strong winds that pushed the fire into the larger size at Glenrosa," she said, adding that fire is spreading eastward toward Okanagan Lake.

"(Yesterday) with afternoon heating they're expected to gust up to 35 kilometres an hour and that was another challenge for our crews."



A forest fire burns on the edge of Kelowna, B.C., yesterday. The fire has forced thousands of residents to flee their homes, officials said yesterday.

Around 125 firefighters, 10 helicopters, eight air tankers and other heavy equipment from the B.C. Fire Services are being used to manage the two

fires because they're so close together. In the meantime, 6,500 homes have been evacuated and others are on alert in Glenrosa, Shannon

Woods, West Kelowna, Crystal Springs and Rose Valley.

It's unclear how the fires started, but human activity is suspected.

Majority back new visa rules, poll finds

REFUGEE CLAIMS More than two-thirds of Canadians support the federal government's visa requirements for visitors from Mexico and Czech Republic, according to a new poll.

The Toronto Star/Angus Reid survey found 69 per cent agree with the visa requirements announced last week, including 39 per cent who voiced strong agreement.

Immigration Minister Jason Kenney said the move was necessary to stem what the government believed was a tide of bogus refugee claimants from the countries in recent years.

The poll also found that 68 per cent of Canadians think it would be fair of Mexico's government to impose similar visa requirements on Canadians entering their country.

Last Thursday, Mexico's foreign minister said it would impose visa restrictions on Canadian officials and diplomats entering Mexico. But Canadian tourists, who number on average 1.3 million every year, will not require visas.

Czech Republic has recalled its ambassador to Canada over the requirement, and has pressed the European Union to retaliate by imposing the same restrictions on Canadians.

TORSTAR NEWS SERVICE

Outer Space Company coming



In this NASA file photo, Canadian Space Agency astronaut Robert Thirsk gives himself a haircut and uses a vacuum cleaner to collect floating hairs Friday at the International Space Station. Shuttle Endeavour astronauts floated aboard the International Space Station, swelling its crew to a record 13 and marking the start of an ambitious 11-day construction mission.

Blast survivor feared he would die

BOMBING The first thing that Canadian businessman Andrew Cobham remembers about the Jakarta bomb attack he survived on Friday was a booming sound and a bright, white, light.

"There was a loud bang, a bright flash and suddenly you couldn't see anything or anybody. The whole place was in turmoil," Cobham told Reuters on Saturday in a bedside interview at South Jakarta's Metropolitan Medical Centre.

Cobham, 65, an adviser to the consulting firm CastleAsia, was attending a regular business breakfast hosted by the company in

"There was a loud bang, a bright flash and suddenly you couldn't see anything or anybody. The whole place was in turmoil."

Andrew Cobham, Canadian blast survivor

the lobby of the luxury JW Marriott on Friday morning when a suicide bomber struck.

It was followed by another suicide bomb at the nearby Ritz-Carlton Hotel, which is also in Jakarta's main business district.

Cobham, who has lived in Indonesia for about 20 years, said the white light was accompanied by a blast so loud it has destroyed his hearing in his right ear. In the chaotic five minutes that followed Cobham thought he was going to die. "My first thought was that I actually didn't think I was going to survive, and then I thought I was blind because I couldn't see anything or anybody," he said. **REUTERS**

MORE COVERAGE, PG 8

Unemployment rates across Canada

According to Statistics Canada and the 2006 census, the average unemployment rate among First Nations people is 18 per cent. The average unemployment rate among total Aboriginal and non-Aboriginal Peoples is 6.6 per cent. **METRO CANADA**

Focus On First Nations

Vancouver artist Pamela Masik is shown in Vancouver's Gastown June 24, at the unveiling of Mona — the first of 69 paintings she created depicting missing Downtown Eastside women.

Aboriginal women missing

80 per cent of 3,000 missing women in B.C. are from First Nations

DANIEL TAM
for Metro Canada

About 3,000 women have disappeared in British Columbia — about 80 per cent of them Aboriginal — and so far, no public inquiry has been launched, no massive police investigation is planned and as the decades pass the number continues to grow.

Bernie Williams, who knows some of the family members of the "mothers, sisters and daughters" who disappeared, said not knowing whether they're still alive is an struggle.

"You just keep ... hoping that one day there's going to

be answers for the families," Williams said. "(They) need closure and answers."

Williams grew up alone. Her mother and two sisters were all killed in the Downtown Eastside in the 1970s in separate incidents. But she knew their fate, unlike some of the people she met in the foster homes and residential schools she was raised in.

They deserve a public inquiry, she said.

To push the issue, Williams co-founded Walk4Justice, a group of trekkers who last June began a march to Ottawa to draw attention to the ongoing issue. Along the way, the group stopped at the

Highway of Tears

• Bernie Williams said women are still disappearing today, from urban centres and from the stretch of Highway 16 near Prince George dubbed the Highway of Tears. At least 18 women have gone missing there.

farm where serial killer Robert Pickton took Downtown Eastside women who were never seen again.

RCMP "E" Division spokesman Rob Vermeulen with the Joint Missing Women's Task Force said people don't hear about the behind-the-scenes efforts.

A poster with 69 of the

missing women was created at the time of the Pickton investigation.

"There were also another 103 reports of missing women who didn't make it to the poster ... and were all found" Vermeulen said. "There's a lot of other work going on."

Williams said she feels Aboriginal women are preyed on.

"I feel because they're poor, they're more vulnerable," said Williams. "It's because of their lifestyle that they're easier to be attacked. These are very trusting women, too."

Only a public inquiry, she said, can bring peace to their relatives.

5 pressing issues

LAURA EGGERTSON
for Metro Canada

During the Assembly of First Nations' annual meeting in Calgary and the election of the National Chief, the 633 chiefs attending also pass resolutions indicative of the most pressing issues in their relationship with the federal government and the rest of Canada. Based on the resolutions, and conversations with First Nations members, look for these topics to dominate the next four years:

1 TRUTH AND RECONCILIATION

Survivors of residential schools are anxious to see the stalled Truth and Reconciliation Commission get underway under new chair, Justice Murray Sinclair.

Former students need to tell their stories; they also need Canadians to hear them.

2 FUNDING

For the last 10 years, the federal government has placed a two per cent cap on its core funding of programs to Aboriginal Peoples.

Although Ottawa has budgeted \$10.8 billion in 2009-10 (across all federal departments), the chiefs want the cap removed, arguing it doesn't keep pace with demographics and cost of living, particularly in education and health. Indian Affairs and Northern Development says it reallocates within that

cap to fund the most pressing needs.

3 YOUTH SUICIDE

Young Aboriginal people have a suicide rate estimated at five to six times the national average.

A resolution calling for a National Aboriginal Youth Suicide Prevention Strategy is on the floor.

4 ECONOMIC DEVELOPMENT

Chief Don Moses of B.C.'s Lower Nicola Band is calling for the creation of a First Nations Business Institute to provide grants, contributions or loans to First Nations businesses.

Sky-high unemployment rates on reserves are driving this proposal. Access to resources on Aboriginal land is also a hot topic, and the chiefs also want a federal economic development strategy for Aboriginal Peoples.

5 GOVERNANCE

The federal government is increasingly pushing First Nations for transparent accounting and governance practices on reserves; many chiefs consider this an autonomy issue and push back.

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Federal funds for First Nations equals about \$18K a person a year

CHARLES DAVIES
for Metro Canada

Stories of deprivation, poverty and illness in First Nations communities are so common that they pass unnoticed by most Canadians.

Homes on the Fort Albany First Nation in northern Ontario are contaminated with mould, yet families continue to live in them, risking respiratory problems.

Members of communities across the country are held at greater risk of contracting the H1N1 virus than other Canadians. And then there's the Cree First Na-

tion's Kashechewan Reserve in northern Ontario, where periodic evacuations due to flooding have been punctuated by tales of tainted water, substandard housing, addiction and suicides.

If money alone could solve aboriginal problems, living conditions for Canada's more than 600 native bands would be far better than they are.

This fiscal year alone, the Indian Affairs and Northern Development Department will spend \$6.9 billion on First Nations and Aboriginal Peoples, an increase of nearly 11 per cent from the previous year.

To put it in perspective, Indian Affairs accounts for

Three per cent of budget

• This fiscal year alone, the Indian Affairs and Northern Development Department will spend \$6.9 billion on First Nations and Aboriginal Peoples, an increase of nearly 11 per

cent from the previous year. To put that amount in perspective, Indian Affairs accounts for slightly less than three per cent of all federal spending.

That's small compared to Human Resources and Skills Development, \$42.2 billion, and National Defence, \$19.2 billion, but it surpasses the \$2.6 billion that will be spent on the Royal Canadian Mounted Police.

What's important, however, isn't that Indian Af-

airs spends roughly \$18,000 a year for every Aboriginal person, but how the money is doled out and managed.

Under the Indian Act of 1876, still the dominant legislation governing Aboriginal Peoples, federal cash flows to individual bands for everything from education, health and housing to economic development and

resource management.

While the act itself doesn't deal with accountability, each First Nation must submit an audited annual financial statement to Indian Affairs.

And since last July, Indian Affairs has reserved the right to do forensic audits of individual spending programs.

The move to tighten accountability comes after too many instances of financial mismanagement by band councils. Sometimes corruption is at the root, but more often the problem is one of competence.

Two years ago, the auditor general noted that three-quarters of all First

Nations were run by inexperienced, untrained staff who bungled everything from housing construction to water purification systems.

In some cases, such as Alberta's Pilani Nation and Ontario's Pikangikum Nation, Indian Affairs has had to temporarily take over control of finances.

The department itself doesn't score much better, given its predilection for paperwork and bureaucracy, and instances of inadequate financial management in British Columbia and Manitoba. Money gets spent, but often there's little monitoring, and little or nothing is accomplished.

Focus On First Nations

Assembly to choose leader

Men dominate election for national chief, though historically many Nations matriarchal

LAURA EGGERTSON
for Metro Canada

Shirley Williams hopes she will live to see a woman serve as National Chief of the Assembly of First Nations.

But the 70-year-old Ojibway and Odawa elder from Manitoulin Island knows it won't happen this year. There are no women among the five candidates on the ballot in tomorrow's election in Calgary.

Williams, an emeritus professor at Trent University in Peterborough, Ont.,

thinks she knows why.

"We have no women running for National Chief because we have been assimilated to a patriarchal society," she says.

Historically, many First Nations were matriarchal societies. Some still trace their hereditary leadership along matrilineal lines. But Williams, who also instructs Aboriginal languages teachers at Lakehead University in Thunder Bay, Ont., says the European conquest and the Indian Act's patriarchal structure eroded women's governing authority.

Many Aboriginal women

won't run for the highest political office because they fear being looked down upon, Williams says.

To date, only three women have run for National Chief — Marilyn Buffalo, Wendy Grant-John and Roberta Jamison. That's despite the fact that there are now more than 100 women among the 633 First Nations chiefs.

"In my mind, that's not enough," says John Beaucage, former Grand Chief of the Anishinabek Nation. Beaucage is the only candidate for National Chief calling for broad elec-

"We have no women running for National Chief because we have been assimilated to a patriarchal society."

Shirley Williams, Ojibway, Odawa elder, emeritus professor
toral reform.

"This election, win or lose, I'm going to challenge more of our women leaders to step up as (candidates for)

National Chief in the next election," he says.

Beaucage believes the AFN should be more inclusive generally, advocating that all First Nations citizens be able to vote for the National Chief. Currently, only the chiefs choose the leader, leaving many Aboriginals — especially the 60 per cent of First Nations members who live off-reserve — feeling disenfranchised.

"The political agenda is left to 633 chiefs for whom there is no standard or necessary qualifications to assume that role. Mostly, you just have to know people,"

Alberta novelist Richard Wagamese wrote in a recent CBC column.

For the next National Chief to truly represent the majority of First Nations members who live off-reserve, Wagamese argued, that leader must give urban Aboriginals a significant voice.

For Williams, that means making sure women's voices are not only heard, but at the table.

"Now that women chiefs are well-educated and coming up, I think we will have a woman as National Chief — some day," she says.

5 main issues of campaign

LAURA EGGERTSON
for Metro Canada

As the five candidates for National Chief of the Assembly of First Nations have criss-crossed the country campaigning, here are a few of the top issues that have emerged:

1 TRANSPARENCY
In response to media requests, Shawn Atleo and John Beaucage released limited details about the sources of their campaign funding. Candidates are allowed to spend \$35,000 on their campaigns. Perry Bellegarde refused, and Bill Wilson and Terry Nelson promised to release details on their websites before tomorrow.

2 ELECTORAL REFORM
Beaucage has suggested that all First Nations members should be able to vote for the National Chief instead of only the chiefs. Others reject the idea, arguing the AFN is an advocacy body, and political power belongs in local communities.

3 ECONOMIC DEVELOPMENT
All five candidates have addressed the need to alleviate poverty and develop additional revenue sources in their communities; proposed methods differ, from foreign investment to better enforcement of treaty entitlements.

4 HEALTH
The apparently disproportionate effects of influenza A (H1N1), also known as swine flu, on Aboriginal peoples, focused so far in Manitoba and Northern Ontario communities, has the candidates calling for better pandemic resources and response and improved social conditions.

5 EDUCATION
All of the candidates acknowledge the importance of access to education, and they are leery of the federal government's "review" of post-secondary education funding, which the chiefs consider to be a treaty right.



First Nations women and children at a ceremony in Calgary on June 11, 2008 — the day the government of Canada formally apologized to residential school victims.

1.17
million people identified themselves as First Nations, Métis or Inuit, or 3.8 per cent of the total Canadian population.
Number of First Nations: 698, 025.
Number of Métis: 389,785.
Number of Inuit: 50,485.

19.9
Percentage of First Nations people with high school or equivalent as highest level of education.
25.5 Percentage of Aboriginals and non-Aboriginals with high school diploma or equivalent as highest level of education.

5 Percentage of First Nations people with bachelor's degree from university as highest level of education.
18 Percentage of Aboriginal and non-Aboriginal people with bachelor's degree from university as highest level of education.

27 Percentage of First Nations children under age 6 living off-reserve being raised by parents aged 15-24.
8 Percentage of non-Aboriginal children under age 6 being raised by parents aged 15-24.

Injuries

Leading cause of death among Aboriginal people: Injuries (including suicide, motor vehicle accidents, drowning, homicide), diseases of the circulatory system and cancer.

Diseases

Leading cause of death among non-Aboriginal people: Diseases of the circulatory system, cancer and respiratory diseases.

FIGURES COMPILED
BY LAURA EGGERTSON FROM
STATISTICS CANADA 2006 CENSUS

Suicide rate among First Nations youth

Figures in the 2006 census, according to Statistics Canada, show that suicide rates among First Nations youth are five to seven times higher than among non-Aboriginal youth. **METRO CANADA**

canada 7

Focus On First Nations

5 candidates for AFN chief

Assembly of First Nations to choose one of these five to be their next leader in Canada



SHAWN ATLEO
At six years old, when Shawn Atleo walked through the Ahousaht

village on B.C.'s Flores Island, the elders would stop him to explain his role and responsibilities in life.

As a hereditary chief, that role was to care for the land and support his people.

Now 42, Atleo, the chancellor of Vancouver Island University and a regional chief of the Assembly of First Nations, is taking that responsibility as a sacred trust.

He is running for National Chief of the AFN on a platform emphasizing consensus — the need for the country's 633 First Nations to work together to overcome shared challenges.

Those challenges include implementing and negotiating treaties, and improving the social conditions born of the impacts of residential schools, the Indian Act, and lack of access to economic opportunities, he says.

He cites Canada's unwillingness to sign the UN Decla-

Support

- Atleo, the father of two young adults and "one grand-puppy," believes Canadians will support Aboriginals if they are better educated to understand their issues.

ration on the Rights of Indigenous Peoples as an example of the country's "long-standing non-recognition of our treaty rights," which will only be overcome if Aboriginals focus their collective efforts.

Atleo, a member of the Ahousaht First Nation, graduated with a masters' degree in education from the University of Technology, in Sydney, Australia. He is passionate about the opportunities education creates. He has served as the executive director of a family addictions treatment and run a post-secondary training institute.

He has lost childhood friends to violence, suicide, overdoses and HIV-AIDS.

"It's time to overcome the gap of understanding among people in this country," he says.

LAURA EGGERTSON/
FOR METRO CANADA



PERRY BELLEGARDE
As the first status Indian to graduate from the University of Regina in business administration, Perry Bellegarde understands the importance of economic development for Canada's Aboriginal Peoples.

That's why Bellegarde, 46, emphasizes the "four Es" as he runs for National Chief of the Assembly of First Nations: Education, Economic Development, and the Environment.

The former Grand Chief of the Federation of Saskatchewan Indians, Bellegarde grew up on the Little Black Bear First Nation in Saskatchewan's Qu'Appelle Valley. But he has "walked in both

worlds," he says. He has also been a director of personnel at the Saskatchewan Indian Institute of Technologies and vice-president of the Crown Investments Corporation in Regina.

Bellegarde believes self-government is "empty and meaningless" until it is coupled with economic self-sufficiency, which requires access to land and resources, he says. At the same time,

First Nations need to respect the environment.

Bellegarde also understands the importance of educational opportunities for aboriginal youth, including his three sons, nieces and nephews.

"Education and training is key for our people," he says.

"We need more and more First Nations people at all the decision-making tables," he says.

LAURA EGGERTSON/
FOR METRO CANADA

Funding cap

- As Grand Chief, Bellegarde would push the federal government to remove the two-per cent funding cap on transfers to First Nations' programs, would educate politicians and Canadians about the "Third World" conditions on many reserves, and plans to negotiate resource royalties from industry and governments.



JOHN BEAUCAGE
John Beaucage knows that constitutional conferences are a scary prospect for Canadians.

But the 57-year-old Ojibway businessman, Chief of the Wasauksing First Nation and candidate for National Chief of the Assembly of First Nations wants one.

"We were promised another constitutional conference quite some time ago, specifically on First Nations' governance and First Nations' issues," says Beaucage.

Beaucage, who has spent much of his career as a property developer and manager, believes a constitutional amendment would give Aboriginal people more economic opportunity. Recognizing First Nations as an order of government would give them authority to levy taxes against resource companies operating in their jurisdiction, for example.

Economic self-sufficiency will also come by ensuring governments implement treaties, Beaucage adds, and

AFN reform

- Alone among the other candidates, Beaucage calls for AFN reform, so all band members can vote for the National Chief, rather than only elected chiefs. One day, he'd like to see the votes of his four children and their children count.

by creating partnerships with non-native and native companies alike. He hopes to establish a blue-ribbon committee to focus on the on- and off-reserve Aboriginal economy.

"I've always said that my ancestors didn't sign the treaties thinking that their descendants would be forever poor," Beaucage says. After growing up near Parry Sound, Ont., Beaucage graduated from the University of Western Ontario with an Arts' degree in English and economics.

"We should be more inclusive of all our citizens, no matter where they are. There is a disconnect between the AFN and our urban citizens," he adds.

LAURA EGGERTSON/
FOR METRO CANADA



TERRANCE NELSON
Terrance Nelson is anything but shy about the radical role he's playing

in the campaign for the Assembly of First Nations' National Chief.

Electing the Chief of Manitoba's Roseau River First Nation would be a "nightmare scenario," according to the National Post's John Ivison. Nelson reports with pride. Former Manitoba premier Gary Filmon called him an "eco-terrorist," he repeats, almost gleefully. That's fine by Nelson, 56, who is on the governing council of the American Indian Movement south of the border.

The Ojibway leader wants foreign investors — particularly Chinese and Americans — to develop resources, from oil and gas to diamonds and hydro dams, on reserves. That would allow Aboriginals to build their own schools, health centres, and housing developments, as businesses, not handouts.

He's told the Dene and Inuit to meet with Americans about the Arctic, that "they don't need to be part

Manitoba

- A self-taught economist, the father of five has gone to the courts to enforce treaty entitlements and to bond agencies to shame his province. In December 2006, his was the motion that proposed a National Day of Action.

of Canada if Canada is not willing to share the resource base with indigenous peoples."

Nelson, who graduated from the University of Manitoba with an undergraduate degree in psychology, intended to be a school counsellor. Instead, he's worked as a consultant, researcher and author, of books including *Genocide in Canada*.

His message to other chiefs: Change, and manage orderly change, or young Aboriginals will orchestrate chaotic change. Nelson's not out to destroy Canada, he insists. But "I've tapped into the anger and frustration, so expect some surprises in Calgary," he says. "Watch me, as Trudeau said."

LAURA EGGERTSON/
FOR METRO CANADA



BILL WILSON
Chief Bill Wilson readily admits he grew up in luxury, never enduring the deprivation he sees on many First Nations.

The son of a wealthy fisherman on Vancouver Island and a mother who excelled in throwing potlaches, Wilson, 65, was the "spoiled rotten" youngest of 17 children.

All the same, he's dedicated to alleviating poverty by providing Aboriginals with access to education and jobs.

"Learning is a way out of this," he says.

"But if it's 28 below zero and you have no running water and no electricity, like many Indian homes, it's pretty hard to think that you're going to study by candlelight to become a Rhodes Scholar."

Wilson advocates building bridges to in-

Ancestry

- Wilson is a member of the Cape Mudge First Nation, and is a Musmagaw/Kwakwaka'wakw Aboriginal. Through his mother's people, the Kwikwasut'inux of Gilford Island, he is a hereditary chief.

vestors who will cut First Nations in on resource deals. Canadians must recognize and utilize the young Aboriginals who comprise the largest unemployed labour pool in the country, he says.

Those young people need skills and trades, and the opportunity to get the education he had. In 1973, Wilson graduated from UBC law school, though he has spent most of his career as a consultant, treaty negotiator and teacher of self-esteem, public speaking and confidence-building.

In that role he presses home his point about the value of work.

"If we get off our buns we can do anything we want, because we have thousands and thousands of brilliant Indian people, many of them living on reserves," Wilson says.

LAURA EGGERTSON/
FOR METRO CANADA

White House budget director Peter Orszag said yesterday the administration was sticking with its goal of having the Senate and House of Representatives pass their versions of a health-care overhaul bill before they break for their August recess. **REUTERS**

World



Airline staff on flu lookout

British Airways has told its check-in staff to look out for passengers showing symptoms of influenza A (H1N1), also known as swine flu, and to alert doctors who could bar them from boarding a flight, the airline said yesterday. Calling the measures "standard practice" for a medical situation, a spokeswoman said only a handful of people had so far been turned away as a result of the medical checks. **REUTERS**

Bombings have militant hallmark: Police

JAKARTA Indonesian police said yesterday that deadly attacks on two Jakarta hotels used the same methods and equipment as previous bombings by a militant Islamist group.

Investigators were working to reconstruct the face of one of the suspected suicide bombers from Friday's attacks on the JW Marriott and Ritz-Carlton that killed nine people and wounded 53.

The blasts left some bodies so badly mutilated they were difficult to identify and two decapitated corpses were believed by police to belong to the suicide bombers.

Police said the bombers had checked in to the Marriott as paying guests on Wednesday and had assembled the bombs in their room. A third bomb was found and defused in a laptop computer bag in one of



A child places a flower in front of the Ritz-Carlton hotel yesterday in Jakarta, Indonesia.

the suites.

Police spokesman Nanan Soekarna said the attacks bore the hallmarks of Jamaah Islamiah, the radical militant Islamist group responsible for a string of deadly attacks in Jakarta and Bali that seemed to end in 2005.

"The method, the equipment used is the same as both bombs in Bali and the one found in Cilacap," he added, referring to the Bali attacks in 2002 and 2005, and bomb equipment police recently found during raids in Cilacap, Central Java. **REUTERS**

Chopper crash leaves 16 dead

Aircraft falls at Afghan NATO base

A civilian helicopter under contract for NATO forces in Afghanistan crashed at a military base in the south of the country yesterday, killing 16 people and wounding five others, the alliance said.

Capt. Ruben Hoornveld, a Dutch NATO spokesman at Kandahar Air Field, said there was no enemy involvement in the crash, which took place as the helicopter was taking off from the base, NATO's headquarters in the south of the country.

Russia's Interfax news agency described the helicopter as an Mi-8 transporter, operated by a Russian firm, which had 17 pas-

2nd incident

• Last Tuesday, six Ukrainian crew members died aboard a Soviet-built Mi-26 transport helicopter that crashed in Helmand province. Moldovan authorities said this aircraft was shot down.

sengers and three crew on board at the time of the crash. It gave the death toll as 15.

NATO troops in Afghanistan rely heavily on aircraft from the former Soviet Union for cargo and transport flights in a country where travel by road is often difficult. **REUTERS**

News in brief

HONDURAS Talks to resolve Honduras' political crisis dragged into a second day yesterday, with negotiators for deposed President Manuel Zelaya and coup leaders deadlocked over his proposed return to power. However, both sides at the talks appeared to agree over the creation of a coalition government for Honduras.

IRAN Iranian President Mahmoud Ahmadinejad has come under fire from leading hardliners for naming as his top deputy a man who said Iran was friends with everyone, including arch-foe Israel, local media said yesterday.

INDIA An Indian official yesterday complained about U.S. pressure on India to curb its greenhouse gas emissions, but U.S. Secretary of State Hillary Clinton emerged from their talks upbeat about a solution. The United States wants big developing countries such as India and China to rein in pollution. **REUTERS**

India Frog marriage



A woman performs rituals during a frog marriage at Madhyaboragari village in India yesterday. The frog marriage is a traditional ritual observed by the rural folk to appease gods to bring in rain and ensure a good harvest.

Netanyahu defies U.S. on East Jerusalem settlement

ISRAEL Prime Minister Benjamin Netanyahu, saying he would not take orders over Israeli settlement in East Jerusalem, rejected yesterday a U.S. demand to halt plans to build more homes for Jews in the disputed area.

New friction with Washington over the project to build 20 apartments in a part of Jerusalem captured by Israel in a 1967 war could deepen the most serious rift in relations between the two allies in a decade.

Israeli officials said the



"We cannot accept the idea that Jews will not have the right to live and buy (homes) anywhere in Jerusalem."

Benjamin Netanyahu

State Department had summoned Michael Oren, Israel's ambassador to Washington, and told him plans for the construction approved this month by Israel's Jerusalem municipality should be suspended.

"We cannot accept the idea that Jews will not have the right to live and

buy (homes) anywhere in Jerusalem," Netanyahu said.

Netanyahu and President Barack Obama are already at loggerheads over the U.S. leader's call for Israel to freeze Jewish settlement on occupied land Palestinians want for a state. **REUTERS**



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Avoiding summer peril

HineSight

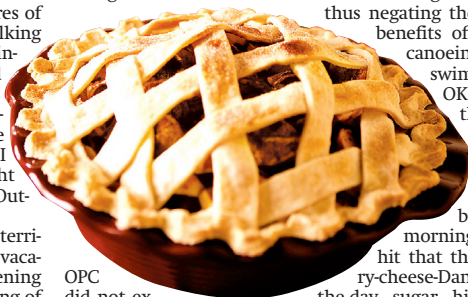
Anne Hines

metronews.ca/hinesight

Ah, mid-July. Time to participate in one of the great pleasures of summer in Canada: Talking about how it isn't winter. Also, time to head to the cottage or campsite for a little relaxation. To help make the most of your time, I present the HineSight Guide to Avoiding Outdoor Dangers.

1. Every summer, a terrible scourge sweeps vacation country, threatening to destroy the well-being of all it comes near. I refer to the dreaded OPC or, as it's commonly called Other People's Children. When our own children run around the campsite, blast-

ing squirt guns and screaming like banshees, they're charming, high spirited imps. When other people's children do this, they are ill-behaved future felons whose parents likely check out 12 grocery items in lines clearly marked "eight." However, it is wrong to wish



OPC did not exist. We need them to entertain our own kids while we have a nap.

2. This peril of the northlands comes by many names. It may be Country

Sweets, Pine Tree Pies or Little Shop of Lard. Whatever it's called, step in the door and you can practically hear your arteries slamming shut. There's a reason cottage country is full of bakeries. It's an evil plot by aliens intent on destroying humankind by seducing us into consuming fatty treats, thus negating the health benefits of hiking, canoeing or swimming.

OK, maybe this sounds a little far-fetched, but every morning when I hit that third-cherry-cheese-Danish-of-the-day sugar high, I'm convinced it's true. Bottom line: Stay out of the bakeshops. Then I won't have to wait in line.

3. Alcohol. Sure we've been warned, but many

adults still go on vacation and end up foolishly mixing their alcohol. With board games. After one too many beers, it's not uncommon to believe you can buy Park Place with a sub-prime mortgage or that "gzerniq" is an excellent Scrabble word.

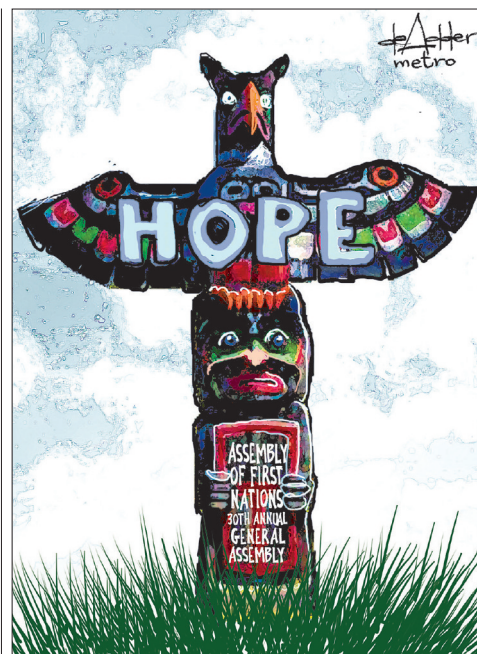
Alcohol mixed with card games is also a no-go. Recently, having enjoyed two gin and tonics, I was convinced I could win a Euchre hand with a fistful of 10s.

My partner, Liz, says she wouldn't have minded, except that we were playing Hearts at the time.

The lesson is clear: If you drink, don't deal.

Follow these suggestions and you'll find life in the wild a little less, well, wild. Next week, camping tips: The top 10 plants you should never use as toilet paper.

Anne Hines is an author and humour writer. She has written three novels and one collection of nonfiction humour.



Worth mentioning

Celeb playlists pump up the fitness volume

Music can be as crucial to exercise as water and spandex, and a spinning instructor's playlist or an iPod's inventory can make or break a workout. As part of its branding strategy, the upscale fitness club chain Equinox has enlisted artists like Madonna, Stevie Nicks, Cyndi Lauper and Michael Buble to submit their own playlists for EQ Sessions Celebrity Sets that will launch at Equinox.com this fall.

Equinox pays close attention to the connection between music and fitness. In addition to programming the music played in the clubs, the company's creative director curates monthly playlists — EQ Sessions — that, like the celebrity playlists will be, are available through the Equinox website. Links take

users directly to iTunes, where the playlists are organized through iTunes' iMix function for purchase at the tracks' standard price.

Equinox creative director Bianca Kosoy says the company's approach to music is part of a broader strategy to curate a lifestyle experience for members.

"On the whole our target demographic is successful, and they are more drawn to making a purchasing decision, including joining a gym, based on the feeling that they are going to be introduced to the new and noteworthy," Kosoy says. "Music is obviously a very high-profile touch point for them."

There isn't a financial arrangement between Equinox and participating artists, beyond the promotion of the lists using the celebrities' names.

REUTERS



Metro Online Poll Results

85%
SAID
YES

Are you concerned about Facebook storing personal information?

Weigh in on today's question at metronews.ca

15%
SAID
NO

Views

Safety shield for drivers, not riders

InTransit

Brendan Van Alstine

metronews.ca/vanalstine

Life ain't easy when you're a bus driver. Dealing with the public in any job can be difficult and frustrating at times, not to mention on rare occasions outright dangerous. And even though the vast majority riders on ETS are nice, polite and easy to deal with, there are a lot of crazies out there too.

Bus drivers get disrespected, yelled and cursed at and are sometimes physically attacked.

Stu Litwinowich of the Amalgamated Transit Union Local 569, which

represents Edmonton bus drivers, estimates that there are about 800 such incidents a year, albeit not all of these are violent.

And according to ETS, last year there were 70 "acts of violence" committed against bus drivers, ranging in nature from spitting at drivers to physical assault.

Over the next year, ETS plans to test three prototypes of Plexiglas shields on city buses. These will not be mandatory shields, and can be left open or closed at the driver's dis-

cretion.

The Amalgamated Transit Union is fully on board with the idea of safety shields.

While I can appreciate

"While I can appreciate the concerns that led to ETS to test the shields, my biggest concern is that they really do nothing to protect passengers."

the concerns that led to ETS to test the shields, my biggest concern is that they really do nothing to protect passengers — and even most larger cities have never resorted to installing safety shields on their buses.

Litwinowich is quick to point out that the ATU doesn't consider the city's buses to be unsafe, and acknowledges that the city does everything it

Tell us your views by email to calgaryletters@metronews.ca or comment on metronews.ca or on Twitter @metrocalgary

Letters must include sender's full name, address and phone number — street name and phone numbers will NOT be published. We reserve the right to edit letters.

Going Green

Cost of keeping cool

A stand up fan uses 75 watts; a window unit, 100 watts. Running them for 12 hours a day will use 2.1 kilowatt-hours of electricity, costing about 21 cents. A 1,000-watt air-conditioner, running for three-quarters of the day will use 18 kilowatt hours, and cost about \$1.80. A central air-conditioner can use up to 3,500 watts, or 63 kilowatt hours a day, and cost about \$6.30. TORSTAR NEWS SERVICE

EDITOR: FERMIN DESOUSA, FERMIN.DESOUSA@METRONEWS.CA

Federal environment rules tame

EarthTones

Sophia Dore & Andrew Laursen



metronews.ca/earthtones

This week Metro is focusing on the challenges facing Canada's First Nations. One contributing factor in the erosion of the traditional lifestyle and therefore culture is environmental degradation on reserves. Aboriginal peoples are at particularly high risk because traditionally, they depend on local fish and wildlife for a larger part of their diet.

In the 1970s the Grassy Narrows and White Dog reserves made headlines when large numbers of people living on these reserves were found to be suffering from mercury poisoning. This poisoning was traced to high mercury levels in waterways on the reserves which lead to high mercury levels in the fish that were consumed by the residents of the reserves.

Unfortunately the experience of the Grassy Narrows and White Dog reserves residents is not unique. The construction of hydroelectric plants along the St. Lawrence River has led to the contamination of the river, and land along the river in Ontario, Quebec, and northern New York State with PCBs.

PCBs are a particular problem for people who

FocusOn First Nations

eat local fish and wildlife because they bioaccumulate.

PCBs are not very soluble in water but are very soluble in fat. When PCBs enter a small fish's body, rather than being excreted, they are stored in the small fish's fatty tissues. If a larger fish eats 100 small fish it will store all the PCBs from the 100 small fish in its fatty tissues. If we then come along and eat 10 large fish, we will then be storing the PCB from 1,000 small fish in our fatty tissues.

Breast milk contains a high percentage of fat. If a mother has PCBs stored in her fat, she will pass them along to her child in breast milk. This is what has hap-

pened at the Akwesasne Mohawk Nation. The Akwesasne people had to stop eating local fish and wildlife because of the PCB levels that were found in their bodies and in doing so, part of their culture was taken away.

These problems persist on reserves to the present day. The Aamjiwnaang First Nation Reserve near Sarnia, Ont., is located in the heart of petrochemical manufacturing country. Their soil and water has been found to be contaminated with dioxins, PCBs, pesticides, and metals. The Aamjiwnaang people have to put up with odours, are unable to swim or fish from their rivers

and have high rates of asthma in children. Speaking of children, at the Aamjiwnaang First Nation two girls were born for every boy and it is hypothesized that endocrine disruptors were to blame for this.



and Athabasca Chipewyan First Nations in Northern Alberta are currently attempting to protect their traditional hunting and fishing grounds from environmental damage. They claim that the development of the Alberta oilsands is threatening their traditional way of

life. They cite increased cases of cancer, lower water levels and a decline in the wildlife in the area. A British bank agrees with the First Nations and has donated \$190,000 to the Cree to help fund a lawsuit against the Albertan and Canadian governments.

One of the major factors in environmental problems on First Nations lands is that the reserves are regulated by the federal government not by the provinces and federal environmental regulations are weaker than those of the individual provinces. So clearly Ottawa has to step up.

Sophia Dore is an environmental scientist with Conestoga-Rovers & Associates. Andrew Laursen is an assistant professor at Ryerson University. earthtones.metro@gmail.com.

Thinking outside the cardboard box

BOXES Not into hunting for cardboard boxes before you move? Vancouver-based FrogBox rents plastic boxes so you don't have to use cardboard boxes.

A week's rental for a one bedroom condo costs about \$110. They will drop off plastic boxes at your old house and pick them up at your new place.

FrogBox, which also just opened in Seattle, estimates that Greater Vancouver uses about 450,000 cardboard boxes every month for moving, and Seattle uses about one million. FrogBox says their ergonomic boxes can be reused about 400 times before they're recycled.



FrogBox says their ergonomic boxes can be reused about 400 times before they're recycled.

fore they're recycled. "The amount of resources used by people using FrogBoxes for moving

is drastically reduced," says company founder Doug Burgoyne. "Avoiding cardboard saves forests."

FrogBox, which uses bio-diesel trucks and has a solar-powered website, also gives one per cent of their sales to frog habitat restoration. They recently gave to Mountain View Conservation in Langley, B.C., which is working to revitalize the Oregon Spotted Frog — Canada's most endangered species.

Frogs are vital contributors to our ecosystem, and according to biologists worldwide, one-third of the world's frog species are on the verge of extinction, FrogBox says.

Visit frogbox.com for more information.

METRO NEWS SERVICES

Environmentally friendly gifts a fast growing trend

IDEAS With so many special occasions, we usually end up giving gifts that end up in the trash. Landfills are filled with well-intentioned gifts and packaging that no one really wanted.

This is part of the reason why giving green and environmentally friendly gifts is one of this year's fastest growing trends.

Some green gift ideas:

For the fashion savvy: Look for quality fabrics and timeless design. Consider stylish pieces made of organic cotton or hemp-silk. These fabrics are sustainable as well as eco-chic.

For the person who has

everything: Why run the risk of giving something that will get thrown out? Instead, honour friends and family with a gift donation in their name. With this gift there is no plastic wrapping to throw out and it goes to someone who really needs help.

For those who like to be pampered: Consider giving a beauty kit filled with environmentally friendly products like natural essential oils of bergamot, lavender, and lime for mixing into scrubs, powders, tonics and soaps, which can be applied using a natural loofah sponge.

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Activist investor Carl Icahn spoke out in favour of a search deal between Yahoo Inc. and Microsoft Corp., as talks between the two companies appeared to regain momentum. Icahn had tried to broker a partnership between the two companies last year, when talks on Microsoft's \$47.5-billion US takeover bid for Yahoo fell apart. **REUTERS**

Icahn champions Microsoft-Yahoo search deal

Business



United Technologies chair divorces

United Technologies chairman George David, left, and Swedish countess Marie Douglas-David reached a settlement Friday in their nearly two-year-long divorce battle, according to the Hartford Courant. The court squabble became tabloid fodder for New York and Connecticut newspapers, which reported details of infidelity and luxurious spending. David previously served as chief executive of the world's largest maker of elevators and air conditioners. **REUTERS**

EDITOR: FERMIN.DESOUZA@METRONEWS.CA

Inflation's first slide since '94

Consumer prices down 0.3%, but major deflation unlikely

Tumbling energy costs thrust Canada's annual inflation rate in June into negative territory for the first time in 15 years.

Statistics Canada reported yesterday that consumer prices fell 0.3 per cent compared with the same month last year.

In theory, the negative reading marks Canada's first trace of deflation since November 1994, and the biggest drop since August 1955.

Economists, however, say June's result is unlikely to trigger widespread de-

Leaders stay the course on stimulus

Earlier this month, world leaders at the G8 summit decided to stay the course on stimulus, despite signs of eco-

nomist with the United Steelworkers. "The government of Canada should be formulating a second stimulus package because its first stimulus package was too small, a low debt-to-GDP ratio affords ample room to finance more stimulus, and more stimulus will be

needed to create jobs even after economic growth resumes."

He argues additional short-term stimulus and long-term public investment will create more jobs.

While the recession could end this year, it could take up to two years for a job market revival based on historical patterns. Enhanced Employment Insurance benefits would also deliver "stimulus dollars" directly to households, he said.

TORSTAR NEWS SERVICE

Cost-cutting gains may turn to pain, analyst says

RECESSION Much of Corporate America has slashed costs to stay in the black during the recession, but welding the knife too heavily could also remove the ability to grow in a recovery.

"If you cut into flesh long enough, eventually you find bone," said David Rosenberg, chief economist at Gluskin Sheff in Toronto. "Cost cutting is not a bottomless pit."

Others, however, warn additional cuts are needed to match the fact Americans are saving more and have less access to credit.

Firing people, introducing hiring freezes, halting investments, trimming budgets or even skimping on office supplies are time-tested ways to prove the old adage that a penny

"If you cut into flesh long enough, eventually you find bone."

David Rosenberg

saved is a penny earned.

A slew of companies reported better-than-expected first-quarter results because aggressive budget slashing more than made up for falling sales.

Perhaps the biggest example so far has been General Electric, which on Friday reported earnings that whizzed past expectations despite a drop in revenue that was more dramatic than Wall Street predicted. The major reasons: cost cutting and a dip in its tax rate. **REUTERS**

Starbucks to start seeing results of restructuring, analysts predict

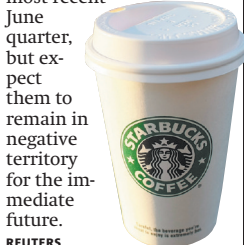
COFFEE Starbucks Corp. should begin reaping benefits from slashing costs, closing stores and removing trinkets from shelves, but analysts say growth could remain elusive until the U.S. economy heals.

Economists and analysts expect the U.S. economy to stabilize in the second half, or in early 2010, and several analysts say it could be a year or longer before Starbucks' all-important U.S. same-store sales turn positive.

Beyond that, McDonald's Corp.'s aggressive push into coffee remains a risk to Starbucks' future growth and some analysts wonder whether consumers will resume old spending habits after the recession ends.

On Tuesday, the world's largest coffee chain will report results from its fiscal third quarter ended June.

Several analysts expect that the decline in sales at stores open a least 13 months moderated in the most recent June quarter, but expect them to remain in negative territory for the immediate future.



REUTERS

Iraq Refinery opens



A worker adjusts the valve of an oil pipe at Khurmala oilfield in Arbil, 310 kilometres north of Baghdad, on Saturday. Iraq's largely autonomous Kurdistan region opened a new oil refinery on Saturday, with a projected capacity of 40,000 barrels per day.

AAZD USHMANI / REUTERS

Bankrupt Eddie Bauer sold to Golden Gate at auction

RETAIL Golden Gate Capital won an auction for Eddie Bauer Holdings Inc. with a \$286-million US cash bid and agreed to keep open most of its 370 stores, the bankrupt apparel retailer said on Friday.

The company entered bankruptcy with \$1 billion US in annual revenue, 10,000 employees and a well-established brand name and catalog business.

However, a lingering U.S. recession left the company that was founded as a Seattle sports shop in 1920 unable to service its debts, which it listed as \$427 million US in its bankruptcy filing. The money from San Francisco-based Golden Gate will go to paying

Annual losses

While Golden Gate has acquired the retailer free of its debts, it still faces a very difficult economy that has claimed dozens of store chains. Eddie Bauer has posted annual losses for the last three years.

those creditors.

Jeff Green, president of retail consultancy Jeff Green Partners in Mill Valley, Calif., said the winning bid was on the steep side. "I would say it's a fairly high number, considering its brand recognition is strong but nobody is quite sure what it is and who it appeals to." **REUTERS**

Canada takes U.S. Steel to court over Stelco takeover commitments

HAMILTON, ONT. The Canadian government took U.S. Steel Corp. to court Friday over production cutbacks at its Stelco subsidiary, Industry Minister Tony Clement announced.

Clement had sent U.S. Steel a "demand letter" on May 5 asking the company to comply with commitments it made when it took over Hamilton, Ont.-based Stelco.

An application has been filed with the Federal Court of Canada asking the company to remedy the sit-

Ontario closures

In March, U.S. Steel temporarily closed most of its operations at two former Stelco plants in Hamilton and Nanticoke, Ont., blaming adverse market conditions. Some 1,500 jobs were affected.

uation, Clement said Friday in a statement.

He told Reuters: "I am requesting that the court mandate that U.S. Steel meet its obligations and

that it be fined for every day that it does not." He said the fine could be up to \$10,000 a day.

Clement said he expected U.S. Steel to stick to the undertakings it gave at the time of the takeover on capital expenditures, research and development and production.

A U.S. Steel spokeswoman said on Friday that as a matter of policy, the company would not comment on whether any of the facilities had been restarted. **REUTERS**

Business in brief

FUNDS Donald Reed, the lead manager of the \$124-million Templeton Canadian Stock Fund believes the financial crisis that hammered bank shares globally has done far less damage to Canadian lenders given their sounder management. "The Canadian banking system ... has been ranked as the best banking system in the world. I don't think anybody doubts that," Reed told Reuters. Unlike their global peers, Canadian banks have remained profitable through the down-

turn. Reed said those earnings should continue to flow, particularly given the limited write-downs compared to lenders elsewhere.

LABOUR Canadian Pacific Railway Co. said Friday it has reached a tentative labour deal with the United Steelworkers union representing 1,100 Canadian clerical and intermodal workers. No details were released pending a ratification vote on the three-year contract, which will run to Dec. 31, 2012. **REUTERS**

The rarest shot in golf

Paul Lawrie made a double eagle, the rarest shot in golf, yesterday in the final round of the British Open. The former Open champion hit a 4-iron into the hole on the par-5 seventh yesterday. It was the first double eagle — also known as an albatross — at the Open since Gary Evans in the opening round at Royal Troon in 2004. **METRO NEWS SERVICES**

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Sports

EDITOR: CHRIS.CLEMENTS@METRONWS.CA



Gonzalez still in hospital

San Diego Padres second baseman Edgar Gonzalez, left, remained in hospital yesterday with dizziness after he was hit in the head by a 93 m.p.h. pitch on Saturday. Gonzalez did not have a skull fracture or a concussion, but complained of dizziness and ringing in his ears, reports said.

METRO NEWS SERVICES

Cink wins Open in playoff

59-year-old Watson falls just short of a record-tying win

Tom Watson's remarkable bid for a British Open victory at the age of 59 fell agonizingly short yesterday when he lost to fellow American Stewart Cink in a four-hole playoff.

Seeking a record-tying sixth Claret Jug, Watson squandered the chance to become golf's oldest major champion when he over-shot the green before missing an eight-foot par putt on the 72nd hole.

Cink, who had earlier rolled in a 15-footer there for a birdie three to take the clubhouse lead on two-under 278 at Turnberry's Ailsa Course, took advantage to seal his maiden major title.

"I'm a little intimidated by this piece of hardware here," an emotional Cink, 36, said after being presented with the Claret Jug on the 18th green.

"There are a lot of emotions running through my mind and heart and I'm as proud as I can be to be here with this (trophy)."

"It was fun watching Tom



Stewart Cink holds the Claret Jug as he stands with runner-up Tom Watson yesterday after winning the British Open at the Turnberry Golf Club in Scotland.

all week and I'm sure I speak for all the rest of the people too."

Cink won the first extra hole, the fifth, with a par when Watson took a five after hitting his approach in-

to a greenside bunker and hitting an ugly third shot from the sand.

They each parred the second extra hole, the par-three sixth, before Cink effectively sealed the win at the par-five 17th with a two-putt birdie.

Watson double-bogeyed the hole after driving into thick rough on the right and taking two more shots to reach the fairway. **REUTERS**

Enforcer surprised to be an NHL pick

FocusOn FirstNations

Ashton Bernard wasn't ranked for June's NHL draft and didn't even bother to follow it on the Internet.

In fact, he was sitting with a friend in a restaurant in Charlottetown, eating a cheeseburger for lunch — oblivious to the fact the New Jersey Devils had just picked him 174th overall — when his cellphone rang. It was his agent.

"I knew the draft was going on and when I saw him calling, I said, 'No, this can't be happening,'" said Bernard, who hails from the First Nations community of Eskasoni, N.S.

"He said, 'Ashton, congratulations!' I said, 'What did I do?' He said, 'You've been drafted in the sixth round to New Jersey.' I had to hang up and call my parents right away."

He was too excited to finish the burger.

Bernard, who plays in the Quebec Major Junior Hockey League, is a good-news story for the small community of about 4,000. It has struggled recently with suicides and drug overdoses among youth, including four suicides in five months earlier this year that prompted the reserve to declare a crisis.

The 19-year-old was the second

Ashton Bernard

"It's a big thing for the community."

Ashton Bernard

hockey player from Eskasoni to be drafted. He is proud to follow in the footsteps of his role model, Atlanta Thrashers draftee Chad Denny, and hopes he can inspire First Nations youth to do the same.

"It's a big thing for the community, especially for the kids growing up playing hockey," Bernard said. "It could really open some doors for them. Growing up there is hard, you know? It's only a good thing for this to happen to me."

The six-foot-four, 203-pound Bernard is a self-described "enforcer" who relishes playing a rugged game.

Kids in his community will get a first-hand look at Bernard this season as he chases his NHL dream. He was traded in the off-season to the Cape Breton Screaming Eagles, a team located less than an hour from his hometown.

"I know a lot of people who already have season tickets," Bernard said.

"We have a lot of kids growing up that are great hockey players. I hope they follow the right path."

MATTHEW WUEST/METRO CANADA

Doc dominates as Jays down BoSox

MLB RESULTS

Boston 1 Toronto 3



BASEBALL Roy Halladay pitched nine strong innings to lead Toronto over Boston 3-1 in the finale of a three-game set at Rogers Centre.

Halladay (11-3) scattered six hits and one run, striking out seven without issuing a walk, racking up his fourth complete game of the season.

Rod Barajas drove in all three runs for the Blue Jays, who won the final two games of the series to erase a three-game losing streak.

"He was unbelievable, the way he was able to manipulate that ball," Barajas said of his battery mate. "He made it move in different directions, and you don't come across guys who are that effective very often."

METRO NEWS SERVICES

Contador takes Tour's yellow jacket

CYCLING Alberto Contador proved time was on his side when he outclassed seven-time champion Lance Armstrong and the rest of the peloton to seize the Tour de France lead in the Alps yesterday.

The Spaniard surged ruthlessly with six kilometres left in the 207.5-km 15th stage to the Swiss ski resort of Verbier to collect the stage laurels and his first yellow jersey since his 2007 victory in Paris.

"I'm very pleased with this result. It was not a very long climb, but we tackled it very rapidly and I was able to move as I wanted," the 26-year-old told reporters.

"I saw there was a chance with five kilometres to go and I did what was required to make a difference," he added.

Second place in the stage went to Luxembourg champion Andy Schleck, the only rider almost on par with Contador in the climbs, who crossed the line 43 seconds behind him.

Italy's Vincenzo Nibali was third ahead of the oth-



Astana rider Alberto Contador of Spain holds up his arms as he wins the 15th stage of the 96th Tour de France yesterday.

er leading Tour contenders but all eyes were on Armstrong in the final climb to Verbier.

The American discovered his 37-year-old legs were probably not fit enough for him to chal-

lenge Astana teammate Contador any longer.

He finished 1:35 off the pace, which was enough to put him second overall, 1:37 behind the rider he will assist from now on.

REUTERS

Sports in brief

TRACK Double amputee Oscar Pistorius has given up trying to qualify for the 400-metre race at the world athletics championships in Berlin next month. The South African also failed to reach last year's Beijing Olympics having won a long battle over the right to compete with able-bodied athletes.

BASEBALL The Florida Marlins and representatives from Major League Baseball broke ground Saturday with South Florida officials on the team's new, retractable-roof stadium in Miami's Little Havana.

UFC The news from the doctors is good for UFC welterweight champion Georges St. Pierre. A groin injury sustained at UFC

100 on July 11 is not that serious, according to his management.

JAPAN Japanese marathon runner Keizo Yamada has hung up his sneakers at the grand old age of 81 — although he could be tempted back to run the odd half marathon. Yamada represented Japan at the 1952 Helsinki Olympics and won the Boston Marathon the following year.

CANCER Sue Burns, majority owner of the San Francisco Giants who was close friends with home run king Barry Bonds, has died. She was 58. Burns died late Saturday of complications from cancer, a team spokesman said.

METRO NEWS SERVICES

In the coming weeks Metro's Workology section will be focusing on the part of the entertainment industry that you DON'T see. Backstage Pass will focus on the careers behind the camera and the curtain. So be sure to read Workology and Metronews.ca/work every day.

Workology

EDITOR: DOUGLAS.DUNLOP@METRONEWS.CA

Students' studies jeopardized

Students from Mexico and the Czech Republic planning to study at Canadian institutions this fall are being told they may require a temporary travel visa on top of their study permit, given new visa rules effective last week. Schools such as the Universities of Alberta and Regina are assessing the impact of the new requirements, and are contacting incoming students from both nations to ensure they get the information they need as soon as possible. METRO NEWS SERVICES

Helping aboriginals feel at home in school



Many colleges and universities across Canada are trying to help aboriginal students feel more at home and welcome.

FocusOn First Nations

JON TATTIE
for Metro Canada

Many aboriginal university students are the first in their family to attend and suffer from culture shock, says Irvin Hill, aboriginal cultural liaison officer at Carleton University. His job is to bridge aboriginal and university cultures.

"A lot of aboriginal students who come to university face obstacles once they get here," he says. "There's a general lack of aboriginal culture within the institutions."

That applies to curriculum and lifestyle, he says, noting many universities are actively working to change that. In the meantime, aboriginal students may need support to adjust.

"We're here if they need any assistance, whether it's speaking to someone who understands their culture, maybe bringing an elder in so they can talk to an elder," he says. "We try to set up a community here so students will feel at home."

Carleton offers a minor in aboriginal studies under its Canadian Studies program, a sign that Canada's traditionally Euro-centric teaching of history is opening up. Schools such as Ontario's Lakehead University, Alberta's Red River College

and Manitoba's First Nations University also offer aboriginal-centric programs.

"The curriculum is changing, but there are still some schools, even some colleges and universities, that have the outdated curriculum and information that is not correct," says Hill.

Wendy Drummond, special project coordinator at Royal Roads University in Victoria, says universities can play a vital role in "capacity building," which can turn struggling communities around.

Royal Roads works with the Yekooche First Nation, a remote B.C. village of 120 people. After a series of treaty negotiations with the provincial and federal governments, it began taking a larger role

in its own governance.

"The chief and council recognized that they were not ready to assume the governance role the treaty would require. They contacted Royal Roads University to ... assist in the development of capacity to assume governance responsibilities," explains Drummond.

The two groups developed the Learning Centre as a neutral space where Royal Roads could learn from the Yekooche community and vice versa.

"The Learning Centre ... encouraged everyone's participation equally — children, youth, adults and Elders," says Drummond. "With each success they became a more invested member of the community. With this investment came a sense of

Capacity building

• The United Nations Conference on Environment and Development defines capacity building as encompassing a community's "human, scientific, technological, organizational, institutional and resource capabilities." The goal is to "enhance the ability to evaluate and address the crucial questions related to policy choices and modes of implementation."

responsibility and commitment to enhance what they could offer to make their home, community and nation a better place."

That in turn leads to better-run communities and more prosperous individuals, Drummond says.

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Your personal concierge

isa Brick is very organized. The Edmontonian spent 20 years doing administrative work at various companies and rose eventually to executive assistant.

"At first it was just a job and a way to support my family, but it became something I enjoyed doing," says Brick, who's now 44.

She had a diploma in administration, then went back to school to study business. "That was when I started thinking about maybe opening my own business."

Six years ago, a friend told her about a personal assistant service in New York. The company would pick up people's dry cleaning

and buy their groceries.

"This is exactly what I do for my boss," thought Brick. She looked around and found similar companies in Canada, but none in Edmonton.

In September 2005, she launched VIP Concierge & Errand Service with her daughter, Sarah Conant, a recent theatre production graduate, as her only employee.

Within a week, they had their first client. Soon they were house sitting, finding plumbers, buying birthday gifts, getting oil changes and booking travel for an ever-growing list of well-to-do clients.

Brick soon had to hire more staff: Today she has four full-time staff (she calls

them concierges) and 10 part timers. Conant now runs the event planning division of the company and has two staff helping her.

To build the company, Brick and Conant constantly network. Through their contacts, they get great deals on oil changes, nab hard-to-find sports and theatre tickets and get the best travel prices.

Brick still runs the business out of her home. Her day starts with scheduling: She looks over the requests from clients and organizes who will do what and when, and makes sure all the instructions are complete.

She then sometimes heads out the door — like many of her staff members

OddJobs

Diane Peters

Metronews.ca/oddjobs

— to hit the mall, the grocery store or the auto repair shop. But more often she spends time on the phone doing research for the company's top clients to find them everything from contractors to nannies.

It's a job that requires organizational skills and the ability to multitask. And while you'd think it'd be a drag to spend your days visiting the vet and picking up flowers, they love it.

Diane Peters once hawked magic pens at the Canadian National Exhibition. She's now a writer and part-time journalism instructor.

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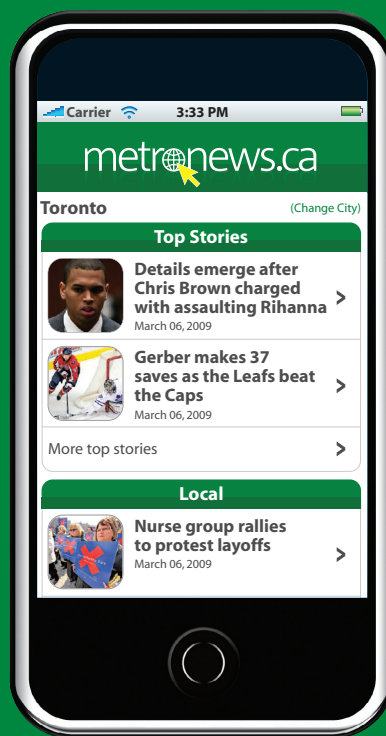
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KEEPING YOU UPDATED

Johnny Depp has his eye on a gender-bending movie role — he would love to portray actress Carol Channing in a biopic. "My dream role would be to play musical legend Carol Channing in a biopic of her life," he said. FEMALEFIRST.CO.UK

Entertainment

EDITOR: DEAN.LISK@METRONews.CA

Leaving Idol?

Paula Abdul's manager says his client will ditch American Idol unless producers change their tune. "Very sadly, it does not appear that she's going to be back on Idol," her manager said. USMAGAZINE.COM



New wave of aboriginal talent

MAUREEN LITTLEJOHN
for Metro Canada

FocusOn FirstNations

A new surge of aboriginal talent is cresting across the country, following in the wake of icons such as playwright Thompson Highway, actor Graham Green, and singer Buffy Sainte-Marie.

Wawaate Fobister, a 25-year-old Anishnaabe artist from Grassy Narrows First Nation, swept the Dora Awards earlier this month with his debut play Agokwe. The play scooped statuettes for outstanding production, new play, performance by a male principal, director, costume designer and lighting designer.

The one-man show, staged at Buddies in Bad Times theatre last year, focused on the attraction between two teenage Aboriginal boys. Fobister, a traditional dancer, seamlessly played each character including the boys (one a hockey player, the other a grass dancer), an alcoholic mother and a flamboyant narrator.

"I always talk about

what's important to me, which is my language, heritage and culture. It is not my goal to educate people, but they can get a taste of it in some of my work," explained Fobister in an interview from Big Grassy reserve where he teaches youth theatre and dance.

Here is a look at other artists who are leading the crest:

- Crystal Shawanda, a bluesy country singer from Wikwemikong reservation on Manitoulin Island, has been taking the radio waves by storm since she released her debut album Dawn of a New Day last year.

It reached No. 2 and No. 16 on the country music charts in Canada and the U.S., respectively. Shawanda cleaned up at the 2008 Canadian Aboriginal Music Awards, winning five awards including Best Album of the Year.

This weekend she plays the Mother Earth Festival on Georgina Island.



- Since collaborating with Icelandic artist Bjork in 2004, Inuit throat singer Tanya Tagaq Gillis has been hypnotizing audiences internationally. The Nunavut singer has performed with Kronos Quartet and Scottish fusion

band Shooglenifty.

She has won a total of four Canadian Aboriginal Music Awards and her recent album Auk/Blood was nominated for a Juno award this year.

- Kevin Loring, a member of the Niaka'pmux



Wawaate Fobister, left, has garnered acclaim for his play Agokwe, while Adam Beach, above left, has more than 50 TV and film credits, and throat singer Tanya Tagaq Gillis, above right, has been hypnotizing audiences internationally.



First Nation in Lytton, B.C., premiered his first play, Where the Blood Mixes, at the Luminato festival in Toronto last year. It will be performed in Vancouver at the Firehall Arts Centre during the 2010 Olympics.

Loring, also an actor, appeared in Hosanna at the Manitoba Theatre Centre and the film Pathfinder. He is the Playwright-in-Residence at the National Arts Centre for 2009-10.

- At age 37, Adam Beach has garnered more than 50 movie and TV credits. The Saulteaux actor, born on the Dog Creek reserve in Manitoba, starred in the films Flags of Our Fathers, Windtalkers, Smoke Signals and the made-for-TV movie Bury My Heart at Wounded Knee. He was also Detective Chester Lake on 21 episodes of Law & Order: Special Victims Unit from 2007 through 2008.

Jackson kids custody hearing delayed again

PEOPLE A court hearing over who will raise Michael Jackson's three children was postponed again Friday in an apparent bid to settle the issue behind closed doors.

Los Angeles Superior Court officials said a guardianship hearing scheduled for today had been rescheduled to Aug. 3 — the second delay in the decision over who would get permanent custody of the children.

Jackson's mother, Katherine, 79, was granted temporary custody by the courts of Prince Michael, 12, Paris, 11 and Prince Michael II, 7, after Jackson's death on June 25.



But lawyers for Jackson's ex-wife Debbie Rowe have been in talks with representatives of Jackson's parents, and one report said sister Janet was also interested in raising them.

Jackson left his estate, valued at \$500 million US in an attachment to his will, to a family trust that benefits his children, his mother and charities.

Jackson said in his 2002 will he wanted his mother to care for the children if he died. Rowe is the

mother of the two eldest children, and she has made ambiguous comments to the media about seeking custody of the children. **REUTERS**

Life after Flight of the Conchords

STEVE GOW
for Metro Canada

Last week, HBO's comedy series *Flight of the Conchords* picked up a surprising six Emmy nominations including best comedy series, and nobody was apparently more shocked than one of the show's castmembers.

"Wow, I didn't know they got that many," said Arj Barker, who plays pawnshop clerk Dave, while in Toronto performing for the Just For Laughs Festival. "I don't take any credit for it. I feel privileged and lucky to be part of a show that's so successful. I did my little part but again, it's a little part."

Undoubtedly, the recent nominations will serve to boost the series' mainstream popularity and stoke shaky speculation regarding the show's future. A quirky comedy centered



Arj Barker plays pawnshop clerk Dave on *Flight of the Conchords*.

around two naïve New Zealand musicians (Bret McKenzie, Jemaine Clement) trying to make it in Manhattan, its two leads have publicly stated producing the second season was especially grueling and that it was "a good end to the show."

HBO may have other plans however. President of west coast operations

Michael Lombardo recently told an industry webzine that, after a break, he "fully expects them to be back in late 2010 or early 2011."

"You want to know the real word right now?" asked Barker when prodded for the inside scoop. "The show might not come back but Arj Barker is here to stay."

As elusive as that state-

ment may seem, Barker's busy slate suggests a disappointing outlook for fans of the show. A popular stand-up comedian whose about to embark on a lengthy tour in Australia, Barker will also remain busy making his webisode series' Arj and Poopy ("basically they're just animated shorts of me and a farting cat") and recording with his rap group, The Sanchez Brothers.

As well, Barker hopes to make his own waves when a Comedy Central special airs later this year, coinciding with an upcoming DVD release. Above all however, Barker hopes that *Flight of the Conchords* does return. After all, he's got a lot on the line.

"I'd like to (act) more and I think I have a lot of potential — an untapped potential — especially if you've ever seen me act, you're like 'wow, that potential is untapped.'"

CSI's Sarah Sidle returns

Jorja Fox is returning to CSI as Sara Sidle. Fox will appear in the Season 10 premiere and additional episodes, says CBS. Viewers will "discover where life has taken Sara Sidle and what brings her back to the CSI team in Las Vegas." TVGUIDE.COM



Rapping about nothing

MUSIC After building an underground fan base with a string of popular mixtapes, the Washington, D.C., rapper Wale is primed to bring his offbeat charm to the mainstream.

Chillin', his club-ready single featuring Lady Gaga, rose to No. 32 on Billboard's Rhythmic Top 40 chart for the week ended July 12. With its bouncy hook and slick verses, the track is the perfect precursor to Wale's long-awaited debut, *Attention: Deficit*, due Sept. 22 on Interscope/Ally Records.

The album is the culmination of Wale's steady rise from small beginnings. The son of a D.C. cab driver, Wale dreamed of becoming an MC. "When I told girls I wanted to be a rapper, they told me to get a life," he says. "It was the ultimate turnoff because everyone thought it was unrealistic. I didn't do it to get famous or put D.C. on the map though; I was rapping because I loved the art."

After a series of tracks started receiving airplay in the D.C. area, the producer Mark Ronson stumbled upon a demo and played the mixtape jam Good Girls on

"My reality is the same as a lot of people's."

Wale, rap artist

his East Village Radio show in March 2007. Wale signed a joint deal with Ronson's Allido label and Interscope in March 2008, and soon after he released *The Mixtape About Nothing*, an acclaimed 19-track concept album based on the sitcom *Seinfeld*.

Wale says the TV show's "honest dialogue" mirrors his lyrical style, which frequently references pop culture and politics while avoiding gangster-rap bluster. "My reality is the same as a lot of people's," he says. "Chances are that you know more about my lifestyle than that of a gangster—I buy regular cars and try to meet nice girls. I'm trying to make music a large group can relate to."

Back to the Feature, a new mixtape released in June, ups the ante by featuring a varied list of guest stars, including Duffy and Peter Bjorn and John.

REUTERS

Cross-border temptation, tests

Border Songs

Author: Jim Lynch
Publisher: Random House
Price: \$29.95 (Hardcover)



By reputation, Brandon Vanderkoop doesn't seem to fit the mould of a border officer. The shy, towering and dyslexic man would rather build birds nests and tend to animals than patrol the boundary of questionable

sense between Washington and British Columbia that separates his native United States from Canada. But when his father pushes him to do it, hoping to quell his introversion, Vanderkoop becomes an unexpected ideal for the job, canny at spotting traffickers and illegal immigrants. His personal success is tested, however, when he discovers his cross-border Canadian crush Madeline is gardening a crop more potent than perennials.

Gifts of War

Author: Mackenzie Ford
Publisher: Nan A. Talese
Price: \$32 (Hardcover)



A battlefield pact breaks down in the historic fiction debut of London historian Mackenzie Ford, *Gifts of War*. Amid the 1914 Christmas truce of the First World War, enemies unite over a promise in the name of love.

Wilhelm Wetzlar, fighting for the Germans, gives a photograph of his English fiancée Samantha to British soldier Hal Montgomery, hoping Montgomery will send word that he's alive. After he's discharged for injury, Montgomery pursues Sam in Stratford-upon-Avon but falls for her before he can share the news. Hiding his secret, Montgomery helps to keep the secret of Sam's baby's German descent by acting as the boy's father, in order to get to Sam.

A Monster's Notes

Author: Laurie R. King
Publisher: Knopf
Price: \$37 (Hardcover)



Pulitzer Prize-nominated poet Laurie R. King reimagines Frankenstein's monster, in his own words, with her first novel, *A Monster's Notes*. Blending historical fact with plenty of creative fiction, King describes how Frankenstein author Mary Shelley actually met the monster when she was just a girl, sitting near her mother's grave. From there, King uses an experimental narrative style to explore themes of isolation and aesthetic through imaginary letters written by Shelley and the monster's reflection on his own existence. The monster ruminates on everything from leprosy to the piano prowess of composer John Cage in this account of a once-voiceless creation.

— BRIAN COULTON/
FOR METRO CANADA

Thriller on verge of new record

SALES For nearly a decade, the Eagles' *Their Greatest Hits 1971-1975* has been the recording industry's ultimate evergreen release, certified by the RIAA as the all-time best-selling album in the United States. But thanks to continued robust demand for Michael Jackson's catalog since his June 25 death, *Thriller* appears on the verge of matching *Their Greatest Hits*, at least in the eyes of the industry trade group.

In March, the Recording Industry Association of America certified *Thriller* as 28 times platinum, meaning that at least 28 million copies of the album have been shipped since its 1982 release. That's just a notch behind the Eagles' hits compilation, which was released in 1976 and was certified 29 times platinum in 2006.

Billboard estimates that the surge in Jackson's sales and efforts to push Jackson CDs into the distribution pipeline have likely propelled shipments of Jackson product beyond the 29 million-unit mark in the United States.

REUTERS

Box office

The following are the top 10 films at the North American box office for the three-day weekend beginning July 17:

- 1 Harry Potter and the Half-Blood Prince:** \$79.5 million US
- 2 Ice Age: Dawn of the Dinosaurs:** \$17.7 million
- 3 Transformers: Revenge of the Fallen:** \$13.8 million
- 4 Bruno:** \$8.4 million
- 5 The Hangover:** \$8.3 million
- 6 The Proposal:** \$8.3 million
- 7 Public Enemies:** \$7.6 million
- 8 Up:** \$3.1 million
- 9 My Sister's Keeper:** \$2.8 million
- 10 I Love You, Beth Cooper:** \$2.7 million

REUTERS

Kenya's Style

Kenya Hunt

Read the blog at metronews.ca/kenyasstyle

For complete online movie listings, trailers, reviews and tickets, visit: metronews.ca/movies

FD	C	B	S	7:00	7:30	8:00	8:30	9:00	9:30	10:00	10:30	11:00
7/20/09	2	CFRN	239 318	etalk	Hollywood	CSI: Miami (HDTV)	Law & Order	Law & Order: Criminal Intent	Law & Order: Criminal Intent	CTV News		
	3	KHQ	- 370	News (N)	Be-Millionaire	Jeopardy! (N)	Wheel-Fortune	Great American Road Trip	Just for Laughs	The Wanted		
	4	CBXT	- 307	Coronation St.	Jeopardy! (N)	Triple Sensation (N)	How I Met	Engagement	Two/Half Men	Big Bang Th	CSI: Miami	
	6	KREM	- 372	News	Hollywood	The Doctors	(8:02) Dating in the Dark (N)	The Bachelorette "The Men Tell All" (N)	House "The Softer Side"	Lie to Me "Unchained"	News Hour	
	7	CKEM	241 347	Law & Order: SVU		(8:10) Without a Trace	News	House "The Softer Side"	The Simpsons	King	Metropolis	
	8	CITY	240 339	ET Canada	Entertainment	Entertainment	The Insider (N)	House "The Softer Side"	House "The Softer Side"	Lie to Me "Unchained"	News	
	11	OMNI	- -	Two/Half Men	The Simpsons	Two/Half Men	Two/Half Men	Engagement	Engagement	The Soup (N)	Wildcat TV	
	13	KXLY	- 371	4 News at 6	4 News at 6:30	Final 24 (N)	'Allo, 'Allo!	Antiques Roadshow	Keeping Up	Being Served	Tavis Smiley	Charlie Rose (N)
	16	KAYU	- 373	The Simpsons	Raymond	Final 24 (N)	'Allo, 'Allo!	Antiques Roadshow	Keeping Up	Being Served	Tavis Smiley	Charlie Rose (N)
	19	CHTV	- -	The Insider (N)	El News	'Allo, 'Allo!	'Allo, 'Allo!	Antiques Roadshow	Keeping Up	Being Served	Tavis Smiley	Charlie Rose (N)
	22	KSPS	- 374	NewsHour With Jim Lehrer		American Future: A History	Tragedy of the Space Shuttle	EarthWatch One	EarthWatch Two			
	24	WTWS	- 364	History Detectives (N)		15 CBCN 502 - CBC News: The National	EarthWatch One	EarthWatch Two				
	21	TWN	505 398	(5) EarthWatch One		27 CNN 500 500	Larry King Live (N)	News	CTV News	News	CTV News	News
	27	CNN	500 500	Larry King Live (N)		45 CTVM 501 391	CTV News Tonight	Market Call	Headline	Market Call	Berman's Call	Money Talks
	44	CTVM	501 391	CTV News Tonight		70 BNN 504 508	Squeeze Play	23 net 408 418	UFC: Access	Week-Baseball	SuperCars	SuperCars
	70	BNN	504 508	Squeeze Play		94 SCORE 410 403	(7-15) WWE Monday Night Raw	9 EDACC 267 351	Alberta Primetime (Live)			
	23	net	408 418	UFC: Access	Week-Baseball	SuperCars	SuperCars	17 YTV 552 543	iCarly	iCarly		
	47	SPEED	417 406	SuperCars	SuperCars	Barrett-Jackson		14 TREE 553 546	Little Bear	Bucket-Dinos		
	94	SCORE	410 403	(7-15) WWE Monday Night Raw				42 TOON 555 545	Ben 10	Johnny Test		
	9	EDACC	267 351	Alberta Primetime (Live)				45 FAM 557 541	Zoe 101	Life Derek		
	14	YTV	552 543	iCarly	iCarly			18 CMT 575 583	Reba	Subra		
	17	TREE	553 546	Little Bear	Bucket-Dinos			25 A&E 615 520	Intervention (HDTV) (N)			
	42	TOON	555 545	Ben 10	Johnny Test			29 FOOD 603 561	Food Detective	Get on Plate		
	45	FAM	557 541	Zoe 101	Life Derek			31 SHOW 617 522	Trailer Park	Trailer Park		
	18	CMT	575 583	Reba	Subra			32 DISC 520 505	Dirty Jobs "Egg Farm"			
	25	A&E	615 520	Intervention (HDTV) (N)				34 W 602 567	Style by Jury	Style by Jury		
	29	FOOD	603 561	Food Detective	Get on Plate			35 TLC 521 560	Michael J. Fox: Optimist			
	31	SHOW	617 522	Trailer Park	Trailer Park			36 BRAVO 520 523	(6) Aida Franco Zeffirelli produces Verdi's opera.			
	32	DISC	520 505	Dirty Jobs "Egg Farm"				38 SPIKE 628 584	UFC Unleashed (HDTV)			
	34	W	602 567	Style by Jury	Style by Jury			40 HIST 522 506	Turning Points			
	35	TLC	521 560	Michael J. Fox: Optimist				41 COM 626 547	Laughs	Comedy Now		
	36	BRAVO	520 523	(6) Aida Franco Zeffirelli produces Verdi's opera.				43 SPACE 627 528	(6) Earthstorm (2006)			
	38	SPIKE	628 584	UFC Unleashed (HDTV)				44 WPCW 294 550	The Weather Man ** (2005, Comedy-Drama)			
	40	HIST	522 506	Turning Points				46 OLN 411 457	(6) Cycling (N)			
	41	COM	626 547	Laughs	Comedy Now			48 TROP 619 525	North of 60			
	43	SPACE	627 528	(6) Earthstorm (2006)				50 STAR 621 527	Canada's Next Top Model			
	44	WPCW	294 550	The Weather Man ** (2005, Comedy-Drama)				52 HGTV 600 564	Marriage	My First Place		
	46	OLN	411 457	(6) Cycling (N)				65 TLN 700 800	(6) L'Espresso Giusti			
	48	TROP	619 525	North of 60				92 APTN 269 350	MTV The Mix			
	50	STAR	621 527	Canada's Next Top Model				93 VISION 261 394	Conspiracy Theory			
	52	HGTV	600 564	Marriage	My First Place			100 MTV 581 566	The Real World			
	65	TLN	700 800	(6) L'Espresso Giusti				101 MM 570 580	Shot at Love-Tila Tequila			
	92	APTN	269 350	MTV The Mix				102 CPAC 512 396	(6:30) Primetime Politics			
	93	VISION	261 394	Conspiracy Theory				103 VIVA 526 507	The Closer "Homebreaker"			
	100	MTV	581 566	The Real World				106 RDI 126 730	Le Téléjournal (SC)			
	101	MM	570 580	Shot at Love-Tila Tequila				161 SUPER	Skins			
	102	CPAC	512 396	(6:30) Primetime Politics								
	103	VIVA	526 507	The Closer "Homebreaker"								
	106	RDI	126 730	Le Téléjournal (SC)								
	161	SUPER		Skins								

critics'corner

Triple Sensation

The eight remaining contestants reflect on their journey so far as they move from master classes to workshop presentations, performing group dance numbers, songs and scenes from plays with coaching from Adrian Noble and Sergio Trujillo. At the end, two of the hopefuls are sent home. 8 PM on CBXT



Dating in the Dark

Is love blind? That's the question at the heart of this new reality series in which three men and three women share a house in which they are sequestered from the opposite sex apart from an opportunity to "date" in a completely dark room. After several days of this, each participant will pick one member to be revealed in the light. 8:02 PM on CKEM; 11:02 PM on KXLY

Two and a Half Men

Convinced that Alan is not appreciated by his family, Melissa asks him to live with her and her mother, but the domestic situation quickly takes a perverse turn in "David Copperfield Slipped Me a Roofie." 10 PM on KREM EDACCESS

It's wedding bells for Limp Bizkit frontman Fred Durst and girlfriend Ester Nazarov. Durst, 38, tweeted on Thursday, "cheers to the universe from me and my lovely wife Ester Durst!! We are now one and complete." **PEOPLE.COM**

Celebrity Buzz

Madonna to visit injured

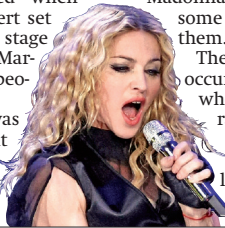
TRAGEDY Madonna continues to pay tribute to those killed or injured when part of her concert set collapsed on stage workers at a Mar-seilles stadium, people.com reports.

The singer was scheduled to visit some workers yesterday, city officials told

People. The injured are in three local hospitals, and Madonna will visit some or all of them.

The accident occurred July 16 when a crane raising the roof of the stage collapsed. A French

lighting technician, Charles Criscenzo, 53, was killed on the stage, and Charles Prow, 23, from Great Britain, died shortly after in hospital. At least eight other workers, some part of Madonna's traveling stage crew, were hospitalized. An investigation has been launched to determine the cause of the accident. **METRO NEWS SERVICES**



Exhausted Ne-Yo speaks out

PUSHED TOO HARD Ne-Yo has spoken out after struggling to move and propped himself up on a table before exiting the stage for a break.

A tearful Ne-Yo then reappeared, telling the audience, "I've never not completed a show, I've never done this before."

ter show. Fans watched as the sweat-drenched star struggled to move and propped himself up on a table before exiting the stage for a break.

A tearful Ne-Yo then reappeared, telling the audience, "I've never not completed a show, I've never done this before."

On his blog, Ne-Yo explained: "I have an issue with not knowing when to say enough is enough, so last night in Manchester, my body said it for me."

"For the last five days I've been dealing with a sinus infection. I paid it no real mind, and kept on going, like I always do. My voice couldn't take it."

METRO NEWS SERVICES



Tom shoulda put a ring on it

BEYONCÉ'S BIGGEST FAN Tom Cruise was spotted getting into a Beyoncé Knowles concert in Los Angeles recently, according to People magazine. Cruise reportedly started dancing to Single Ladies (Put a Ring on It), re-enacting the choreography Knowles made famous in her video for the single.

"Everyone was laughing and taking pictures," a source told the magazine.

METRO WORLD NEWS

Brit's new man?

OPTIONS Britney Spears is reportedly dating her agent, Jason Trawick, but she recently took a break from her tour to spend some time with another man, producer Dallas Austin.

The pair got together at Austin's house in Atlanta, where "it was just the two of them for a few nights," a source told Page Six. But Austin's rep said are simply friends.

METRO WORLD NEWS



Janet and Jermaine split?

TOUGH FEW WEEKS Noticeably absent from Michael Jackson's memorial service on July 7? Janet Jackson's long-time music exec boyfriend, Jermaine Dupri, usmagazine.com reports.

And for good reason: "His friends are telling people it's over," a

source told Us Weekly. Echoed another: "They have been moving in different directions for a while."

And why did the seven-year relationship end?

"You shouldn't mix business with pleasure," a mutual pal explained.



(Dupri produced several tracks on Jackson's last two CDs.) "Janet felt their lives were too crossed and they should have kept things separate."

Plus, the polar opposites were never too compatible. "Jermaine likes to be out there, mingling with everybody, and Janet's more shy."

METRO NEWS SERVICES

Lauren slams former BFF Heidi

FIGHTING WORDS In the August issue of Harper's Bazaar, Lauren Conrad takes Heidi and Spencer Pratt to task over their fame-seeking ways — and her former BFF's boob job.

Conrad was asked why Heidi decided to pose in Playboy. In a sly reference to Heidi's cosmetic

enhancements, Conrad replied, "They're not going to pay for themselves."

Her digs didn't stop there.

"I don't call magazines and let them know

about things so they can write stories," she said of the Pratts. "There was never an incentive to keep doing The Hills so I could get into (Hollywood club) Les Deux. That was never the point. It was more to create a fan base so I can go create a business and do something I really love doing."

METRO NEWS SERVICES



Hollywood hotel bomb scare

CLOSE CALL While police were investigating a bomb scare at the Four Seasons Hotel Los Angeles, actors Katherine Heigl and Gerard Butler were forced to evacuate along with 400 guests, people.com reports.

Butler, one eyewitness told People, posed for

pictures with members of the AC Milan soccer team, in town to play the Los Angeles Galaxy Sunday. Heigl, barely recognizable with her hair dyed red, was seen leaving the hotel during the 1:45 p.m. evacuation.

METRO NEWS SERVICES



Producer poo-pooes Mischa

ON THE OUTS While there's still no word on why actress Mischa Barton was placed under psychiatric care, her absence had its effects.

Barton was unable to attend the premiere of her film, Homecoming, last week, which didn't sit well with producer Bingo Gubelmann.

"It's frustrating, but I'm not going to snot her and trash her," he told Us Weekly. "I don't want to be known as the producer that will turn

on any actress at the drop of a hat." When asked why he'd picked Barton for the film, he rolled his eyes and said, "It's hard to remember."

METRO WORLD NEWS



Kiefer's legal dates delayed

LEGAL WOES Kiefer Sutherland dodged the law Friday when his Manhattan trial for allegedly head-butting fashion designer Jack McCullough was postponed. Though Sutherland and McCullough resolved their differences over the inci-

dent, the 24 star was still expected to appear before a judge. The district attorney involved in the case says the trial has been postponed until further notice, according to Hollyscoop. No new date was set.

METRO WORLD NEWS



SixChix

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Today

Afternoon clouds.
23°C / 12°C

Tuesday

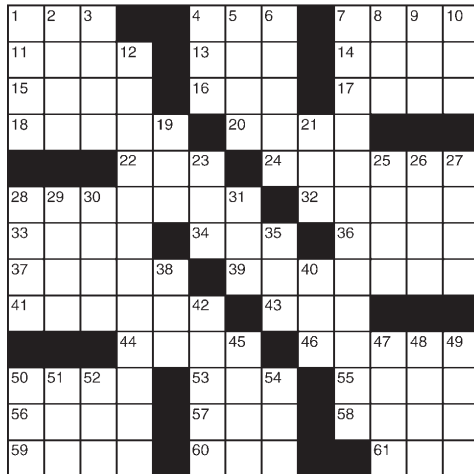
Afternoon clouds.
26°C / 8°C

Wednesday

Mostly cloudy.
28°C / 13°C

Michele McDougall, Weather Specialist & Host — Breakfast Television

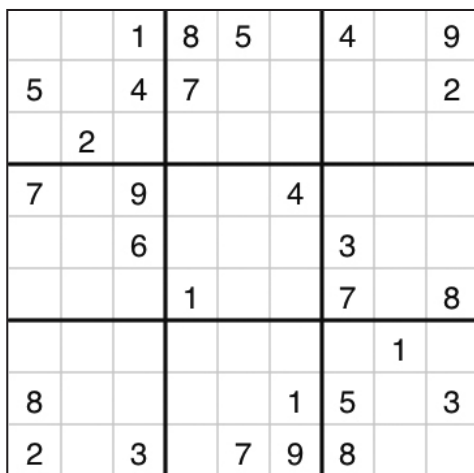
"My favourite part is reporting the weather. It fascinates me, and as we know around here, it's always changing, keeping forecasters on their toes!" WEEKDAYS AT 6 A.M.



Sudoku

For more/less challenging Sudoku puzzles, visit metronews.ca

HOW TO PLAY: Digits 1 through 9 will appear once in each zone — one zone is an outlined 3x3 grid within the larger puzzle grid. There are nine zones in the puzzle. Do not enter a digit into a box if it already appears elsewhere in the same zone, row across or column down the entire puzzle.



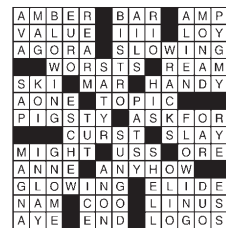
Crossword across

- 1 Feathery neckpiece
4 Small ammunition
7 Rope
11 Felonious flights
13 A billion years
14 Do as you're told
15 Buckeye State
16 Excessively
17 Not pre-recorded
18 They get in the whey
20 Aspic creation
22 Intention
24 South American prairies
28 Santa's runway
32 Woo
33 Loosen
34 Satchel
36 Incite
37 Corpulent
39 On the — (discreetly)
41 Shredded
43 Diamond stick?
44 Squad
46 Carries on
50 Greek vowel
53 Dog's hand
55 Enjoying greatly
56 New Zealand bird
57 Time of your life?
58 iPod model
59 Carolina college
60 Cover
61 Pale

Crossword down

- 1 United nations
2 Hawaiian island
3 Eastern potentate
4 Wager
5 Prosperous period
6 Pry
7 2003 Civil War movie
8 Kimono closer
9 Gun the engine
10 Decorate Easter eggs
12 Malt-shop setup
19 Perch
21 Varnish ingredient
23 Unruly group
25 Knitting stitch
26 Jason's ship
27 Hasenpfeffer, e.g.
28 Oxidation result
29 Aware of
30 Stench
31 Cushion
35 Sailor
38 Calendar abbr.
40 Series of skirmishes
42 Pontifical
45 Creche trio
47 Rodents do it
48 Sicilian volcano
49 Any time now
50 Mamie's man
51 Lubricate
52 Pair
54 Marry

PREVIOUS DAY'S CROSSWORD AND SUDOKU ANSWERS:



1	5	3	9	6	8	4	2	7
9	4	7	2	3	5	8	1	6
6	8	2	1	7	4	3	9	5
7	3	4	5	9	2	1	6	8
8	6	1	3	4	7	9	5	2
2	9	5	8	1	6	7	4	3
4	1	8	6	2	3	5	7	9
3	7	6	4	5	9	2	8	1
5	2	9	7	8	1	6	3	4

Find today's answers + play more games at metronews.ca

SUDOKU SOLVE TIME:

- Under 13 min Genius
13-17 min Scholar
17-21 min Smart
21-25 min Not bad
25+ min Keep practising

Metro Recipe of the Day



Coronation Chicken

INGREDIENTS:

- 1 chicken, about 3 lbs
1 onion, sliced
1 large carrot, coarsely chopped
1 celery stalk, chopped
6 black peppercorns, lightly crushed
1 bay leaf
1 large banana
2 zucchinis, sliced lengthwise with vegetable peeler into thin strips
Sprigs fresh mint to garnish
MANGO AND RAISIN PILAF:
2 cups basmati rice, well rinsed
1/3 cup raisins
1-3/4 oz dried mango, chopped
2/3 cup pecans
CURRY DRESSING:
5 oz plain low-fat yogurt
5 tbsp low-fat mayonnaise
2 tbsp korma curry paste
Grated rind of 1 large lemon
1 tbsp fresh lemon juice
2 tbsp snipped fresh chives
2 tbsp chopped fresh mint
2 tbsp chopped parsley
Pepper to taste

METHOD:

1. Place chicken in large pot and cover with water. Add onion, carrot and celery and bring almost to boil; skim any fat off surface. When bubbles begin to break through surface, reduce to simmer. Add peppercorns and bay leaf; simmer 45 minutes or until juices run clear from chicken thigh when pierced.
2. Remove chicken from liquid and set aside to cool. Pour cooking liquid through fine sieve into measuring cup. Discard vegetables.
3. For pilaf, place 2-1/3 cups strained cooking liquid and rice in pot. Stir in raisins and mango. Bring to boil; reduce heat, cover and simmer, according to package instructions, until all liquid has been absorbed and rice is tender.
4. Remove rice from heat and set aside, covered, 5 minutes. Transfer rice to bowl to cool completely.
5. For curry dressing, place yogurt, mayonnaise, curry paste, lemon rind and juice in bowl; mix well. Stir in chives, mint, parsley and pepper.
6. When chicken is cool, cut into bite-sized pieces and fold into curry dressing. Slice banana and add to chicken mixture. Stir pecans into rice pilaf and spoon onto 6 plates. Arrange zucchini ribbons on pilaf and top with chicken mixture. Garnish with fresh mint sprigs and serve.

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SERVES 6

rd.ca

For nutritional information on this and other great recipes, go to rd.ca or check out Key Ingredients in this month's Reader's Digest, on newsstands now!



Horoscopes by Sally Brompton

sallybrompton.com

ARIES
MARCH 21-APRIL 20

Things look a lot worse than they actually are, especially concerning family issues, but in a few days your outlook will brighten considerably.

LIBRA
SEPT 23-OCT 23

Career issues have worried you a lot of late, but in a few days you won't care because your personal affairs will be so much more exciting.

TAURUS
APRIL 21-MAY 21

Someone will wonder aloud if you know what you are doing today. Convince them you are still in control. Don't just tell them, find ways to show them.

SCORPIO
OCT 24-NOV 22

You may be reserved by nature, but make the most of the sun's final few days in your fellow water sign of Cancer to promote your own interests.

GEMINI
MAY 22-JUNE 21

You know what needs to be done, so get on and do it. You can easily push yourself a bit harder today. Before you know it, your task will be finished.

SAGITTARIUS
NOV 23-DEC 21

You're on the verge of one of the most exciting times of the year. Focus on all the good things in your life: There are plenty, if you care to look.

CANCER
JUNE 22-JULY 22

The planets warn that others will find out what you're trying to keep from them — so why not say what you've been up to? Don't hide it, flaunt it.

CAPRICORN
DEC 22-JAN 20

The more people understand what you hope to acquire, the more likely they are to help you get it around the time of Wednesday's solar eclipse.

LEO
JULY 23-AUG 23

Make allowances for those who seem reluctant to follow you on your next big adventure. Maybe they've got more to lose from taking risks than you do.

AQUARIUS
JAN 21-FEB 18

Lately it's seemed as if you had a mountain to climb, but you kept at it and now you're on the brink of a triumph. Shout about your accomplishment.

VIRGO
AUG 24-SEPT 22

If you're a typical Virgo it's not in your nature to preen. But it's in your interests to have many eyes on you today, so ensure the world knows you exist.

PISCES
FEB 19-MARCH 20

Life has been good lately, but start planning for a more challenging phase. You'll have to double your efforts in the next few weeks, especially at work.

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